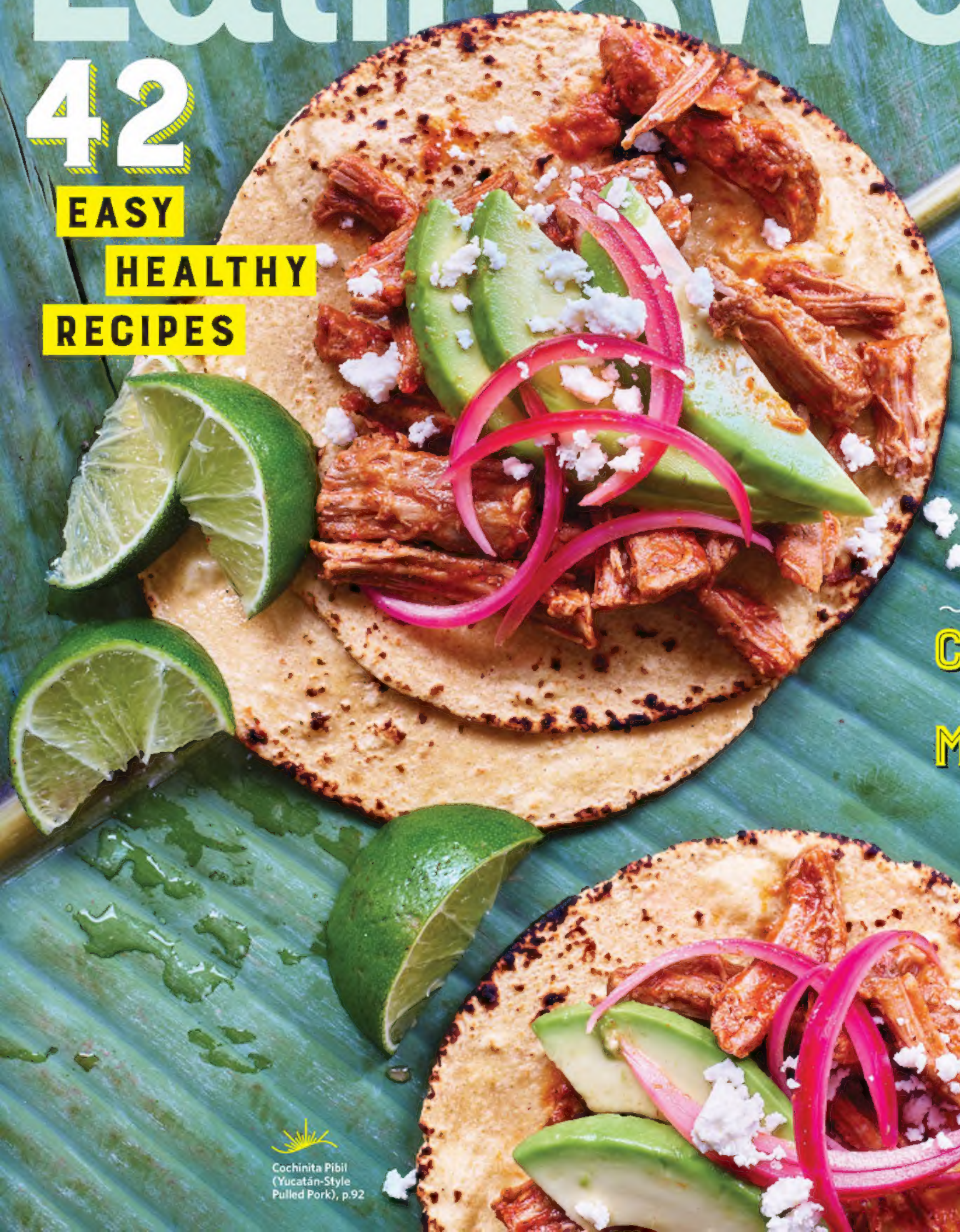
INGREDIENTS FOR THE GOOD LIFE

MAY 2020

# EatingWell®

## 42 EASY HEALTHY RECIPES



Cochinita Pibil (Yucatán-Style Pulled Pork), p.92

**STOP! CARBS AREN'T THE ENEMY**
PAGE 24

**SIX TIME-SAVER STAPLES**
PAGE 86

## CINCO DE MAYO!

**Tacos, Black Bean Dip, Margaritas & more!**

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# FEATURES

We visited chef Marcus Samuelsson and his wife, Maya, at home in New York City to talk about work, parenting and, of course, delicious food!


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**COVER:** LEIGH BEISCH; STYLING: EMILY CANEER (FOOD), GLENN JENKINS (PROPS); RECIPE: p.92.
**THIS PAGE:** JOHN KENDRICK; PROP STYLIST: SUMMER MOORE AT HONEY ARTISTS, MAKEUP ARTIST: MARIE-JOSÉE LEDUC AT HONEY ARTISTS.

# DEPARTMENTS

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Turn to page 12 to find out what to plant to attract pollinators. Plus, four ways to lower your risk of stroke *(p.18)* and the scoop on carbs—why they may not be the weight-loss silver bullet some believe *(p.24)*.

**31 Dinner Tonight**
First, take five and make yourself the Smoky Tajín Margarita on page 32 (whether or not it's Cinco de Mayo, because it's just that delicious). Then whip up Chili-Rubbed Chicken with Coconut Rice & Mango Salsa *(p.42)*, Sweet & Peppery Flank Steak with Shishitos *(p.46)* or Lemon-Dill Shrimp & Orzo Salad *(p.51)*, all of which come together in 20 minutes.

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Chip Paillex grew his backyard garden into a nonprofit that has donated 10.5 million pounds—and counting—of locally grown produce to food banks along the Eastern Seaboard.

**There's plenty to satisfy your inner baker in this issue. Learn how to measure your ingredients for success on page 106.**

JOHNNY AUTRY; STYLING: CHARLOTTE AUTRY & SYDNEY TAYLOR

KA·ME®

SPRING INTO

# Mothers Day

WITH A SIMPLE, DELICIOUS DESSERT

For **Coconut Rice Noodle Pudding** and other easy authentic recipes, snap the code or visit **kame.com**

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My Grandma Virginia would have loved this fried chicken shindig last summer that brought her kids, grandkids and great-grandkids together.
ME!
My Mom
My Sister

KRISTEN LEE

# Mom Power

May 10th is Mother's Day and we've dedicated this issue to celebrating moms. We have features on nutrition during pregnancy *(page 94)*, baking cakes for Mom *(page 72)* and more. But it's hardly about just that one day. In many households moms are the ones who feed us. In fact 80% of moms say they are the primary meal preppers at home, according to a 2019 survey. Now before you scold me for being sexist, let me say I realize that men are joining women at the stove and also reading this magazine. That's a positive trend for all of us! But no matter what gender you are, there's a darned good chance that, like me, your mom was a big influence on how you feel about food.

I have a standing Saturday morning date with my mom, Robin, all spring and summer long. We troll the rows of the farmers' market, loading our pull-along carts with vegetables, meats, cheese, flowers and baked goods. We stop at the Doe's Leap stand because the farmer, George, makes kefir, feta and sausages that we *must have*. We chat with George as my mom orders a sausage sandwich that comes slathered in mustard and sauerkraut. She then bumps her overloaded cart along with one hand while with the other she eats the sausage, dodging mustard drips along the way. It's 8:30 a.m. Breakfast of champions!

This weekly outing with my mom works so well because she's one of the people in my life who feels exactly as energized as I do about food. (My sister Katie is a close second.) When we were growing up our mom packed our lunches and cooked dinner every night. She grew a prolific vegetable garden, tossed salads with tangy vinaigrette and whirred up gallons of gazpacho in the blender. She learned to cook from her mom, Virginia, who loved to entertain.

Ask any of Virginia's kids and they'll say her specialty was tacos. We're talking Tex-Mex: a ground beef filling heavy on chili powder and cumin, shredded Colby-Jack cheese, diced tomatoes, onions, iceberg and Pace Picante sauce. Virginia fried each corn tortilla, purchased fresh from the tortilla factory that morning, holding it with tongs in one hand and a long fork in the other to form it into a taco shape. Meanwhile a giant pot of pinto beans with smoked ham hocks bubbled on the stove. At the last minute, she mashed avocados with garlic, lime and hot sauce to make sure the guac was fresh.

When Virginia died in 2010, we went to Midland, Texas, for the funeral. Feeling helpless, I proposed that we cook tacos after the service. Along with my mom, sister and uncles, we threw a post-funeral taco party for 60 in Virginia's home. The next day we sat on her kitchen floor leafing through binders filled with recipes ripped out of magazines. Each was marked with notes about changes she made, who the guests were and what serving dishes she used.

Though I'm nowhere near the entertainer Virginia was, I make a mean taco feast, always with freshly fried shells. And thanks to my mom, my love for salad is boundless and August simply can't happen without gallons of gazpacho. Although I've been focusing on new ideas for what to cook for nearly 16 years at *EatingWell*, certain culinary lessons become part of your DNA. That's one of the many powers of Mom.

Jessie Price
editor@eatingwell.com
Hover your phone's camera over this code to follow me on Instagram @jessieeatswell

# THE COCKTAIL PARTY YOU CAN HAVE AT YOUR DESK

**JUST A LITTLE BIT FANCY**

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## WE ASKED YOU:

**What's your favorite recipe that your mom passed on to you?**

**"Whoopie pies!!!** I have to literally hide them so everyone has a chance to have one!!" *—jmeandro*

"JFC **Japanese Fried Chicken:** freshly grated garlic, freshly grated ginger, soy sauce, mirin, corn-starch, bite-size chicken." *—sachikogoodyear*

**"Homemade ravioli and sauce!"** *—lpnova*

**"A perfect curry.** Curry is all about the blend of spices along with vegetables. My family loves it." *—satijamamta*

**"Steamed littleneck clams** with onion, garlic, tomatoes, spinach, and a glug of wine served over pasta." *—comfortfood401*

"My mom made **the best cornbread dressing ever!** She passed the recipe down to me and even left me the pan she always used to make it in." *—wrightawaytravels*

"She taught me all her recipes. Most special was **homemade falafel** the authentic way with the right tahini salad." *—rania_v*

"The best **deviled eggs."** *—55sugarpop*

WHAT'S TRENDING ON

## EatingWell.com

1 **All the Margaritas!** Whether you're a frozen girl or prefer yours on the rocks, we have your Cinco de Mayo drinks covered. Plus, try our Frozen Margarita Pie *(shown)* at: *EatingWell.com/Margaritas*

2 **Best Breakfast Foods for Weight Loss** Mix up your morning meal with these scientifically backed foods that help you drop pounds. Find out what they are at (drum-roll please): *EatingWell.com/BestBreakfastFoods*

3 **Eat More Veg Challenge** Think you can eat 30 different vegetables in 30 days? Join us for a month of recipes and tips to crush it! *EatingWell.com/EatMoreVeg*

## GOOD-LIFE GURUS

Follow these R.D.N. (registered dietitian nutritionist) food bloggers for a daily dose of deliciousness.

**@caitsplate**
Caitlyn Elf, R.D.N., L.D.N., is all about satisfying meals made fast (she's mom to a toddler). On her blog, Cait's Plate, you'll find lots of one-pot and sheet-pan meals like Black Bean, Corn & Spicy Sweet Potato Enchiladas or Easy Chicken Sausage and Mixed Veggie Sheet Pan Dinner (yum and yum!).

**@daisybeet**
From breaking down the latest nutrition trends (what's the deal with intermittent fasting?) to sharing colorful dishes (hello, quinoa salad with artichokes, olives and tomatoes), Alex Aldeborgh, R.D.N., is committed to inspiring better health. That's why we follow her blog Daisybeet and her Instagram.

**@hummusapien**
The founder of Alchemy Café and Alchemy Kitchen, both in Columbus, Ohio, Alexis Joseph, R.D.N., L.D.N., also blogs as Hummusapien—dishing out healthful recipes with vegetarian and vegan options. If meals like The Best Shakshuka or Israeli Power Salad with Za'atar Roasted Sweet Potatoes are up your alley, head to her feed. Or maybe No-Bake Chocolate Peanut Butter Protein Bars will get you there.

**What's your favorite thing to make with zucchini?**
Hover your phone's camera over this smart code to tell us for a future issue.

ANTONIS ACHILLEOS; INSETS: CAITLYN ELF; ALEX ALDEBORGH; ALEXIS JOSEPH

# ECZEMA: UNDER CONTROL. SO ROLL UP THOSE SLEEVES.

**DUPIXENT is a breakthrough in the treatment of uncontrolled moderate-to-severe eczema (atopic dermatitis) for ages 12 and up.**

HELP HEAL YOUR SKIN FROM WITHIN

**RACHEL, REAL PATIENT.**
Individual results may vary.

DUPIXENT helps restore the look and feel of skin. And it's not a cream or steroid. It's a biologic that continuously treats eczema over time–even between flare-ups. See and feel a significant difference with:

**Clearer skin** • **Fast itch relief**

- In clinical trials at 16 weeks, 37% of adults and 24% of teens (ages 12-17) saw clear or almost clear skin vs 9% and 2% not on DUPIXENT.
- And 38% of adults and 37% of teens (ages 12-17) had significantly less itch vs 11% and 5% not on DUPIXENT.

**DUPIXENT®**
**(dupilumab) Injection**
200mg • 300mg

## TALK TO YOUR ECZEMA SPECIALIST AND VISIT DUPIXENT.COM OR CALL 1-844-DUPIXENT (1-844-387-4936)

### INDICATION

DUPIXENT is a prescription medicine used to treat people 12 years of age and older with moderate-to-severe atopic dermatitis (eczema) that is not well controlled with prescription therapies used on the skin (topical), or who cannot use topical therapies. DUPIXENT can be used with or without topical corticosteroids. It is not known if DUPIXENT is safe and effective in children with atopic dermatitis under 12 years of age.

### IMPORTANT SAFETY INFORMATION

**Do not use** if you are allergic to dupilumab or to any of the ingredients in DUPIXENT.

**Before using DUPIXENT, tell your healthcare provider about all your medical conditions, including if you:** have eye problems; have a parasitic (helminth) infection; are taking oral, topical, or inhaled corticosteroid medicines. **Do not** stop taking your corticosteroid medicines unless instructed by your healthcare provider. This may cause other symptoms that were controlled by the corticosteroid medicine to come back; are scheduled to receive any vaccinations. You should not receive a "live vaccine" if you are treated with DUPIXENT; are pregnant or plan to become pregnant. It is not known whether DUPIXENT will harm your unborn baby; are breastfeeding or plan to breastfeed. It is not known whether DUPIXENT passes into your breast milk.

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins and herbal supplements. If you are taking asthma medicines, do not change or stop your asthma medicine without talking to your healthcare provider.

**DUPIXENT can cause serious side effects, including:**

- **Allergic reactions (hypersensitivity), including a severe reaction known as anaphylaxis.** Stop using DUPIXENT and tell your healthcare provider or get emergency help right away if you get any of the following symptoms: breathing problems, fever, general ill feeling, swollen lymph nodes, swelling of the face, mouth and tongue, hives, itching, fainting, dizziness, feeling lightheaded (low blood pressure), joint pain, or skin rash.
- **Eye problems.** Tell your healthcare provider if you have any new or worsening eye problems, including eye pain or changes in vision.

**The most common side effects in patients with atopic dermatitis include** injection site reactions, eye and eyelid inflammation, including redness, swelling and itching, and cold sores in your mouth or on your lips.

Tell your healthcare provider if you have any side effect that bothers you or that does not go away. These are not all the possible side effects of DUPIXENT. Call your doctor for medical advice about side effects. You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Use DUPIXENT exactly as prescribed. DUPIXENT is an injection given under the skin (subcutaneous injection). If your healthcare provider decides that you or a caregiver can give DUPIXENT injections, you or your caregiver should receive training on the right way to prepare and inject DUPIXENT. **Do not** try to inject DUPIXENT until you have been shown the right way by your healthcare provider. In children 12 years of age and older, it is recommended that DUPIXENT be administered by or under supervision of an adult.

**Please see Brief Summary on next page.**

SANOFI GENZYME REGENERON

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**YOU MAY BE ELIGIBLE FOR AS LITTLE AS A $0 COPAY*** *Limitations apply. Visit DUPIXENT.com for full program terms.

# Brief Summary of Important Patient Information about DUPIXENT® (dupilumab) Rx Only
# (DU-pix'-ent)
# injection, for subcutaneous use

**What is DUPIXENT?**

- DUPIXENT is a prescription medicine used:
  - to treat people aged 12 years and older with moderate-to-severe atopic dermatitis (eczema) that is not well controlled with prescription therapies used on the skin (topical), or who cannot use topical therapies. DUPIXENT can be used with or without topical corticosteroids.
- DUPIXENT works by blocking two proteins that contribute to a type of inflammation that plays a major role in atopic dermatitis.
- It is not known if DUPIXENT is safe and effective in children with atopic dermatitis under 12 years of age.

**Who should not use DUPIXENT?**

**Do not use DUPIXENT** if you are allergic to dupilumab or to any of the ingredients in DUPIXENT. See the end of this summary of information for a complete list of ingredients in DUPIXENT.

**What should I tell my healthcare provider before using DUPIXENT?**

**Before using DUPIXENT, tell your healthcare provider about all your medical conditions, including if you:**

- have eye problems
- have a parasitic (helminth) infection
- are taking oral, topical, or inhaled corticosteroid medicines. **Do not** stop taking your corticosteroid medicines unless instructed by your healthcare provider. This may cause other symptoms that were controlled by the corticosteroid medicine to come back.
- are scheduled to receive any vaccinations. You should not receive a "live vaccine" if you are treated with DUPIXENT.
- are pregnant or plan to become pregnant. It is not known whether DUPIXENT will harm your unborn baby.

  **Pregnancy Registry.** There is a pregnancy registry for women who take DUPIXENT during pregnancy. The purpose of this registry is to collect information about your health and your baby's health. You can talk to your healthcare provider or contact 1-877-311-8972 or go to https://mothertobaby.org/ongoing-study/dupixent/ to enroll in this registry or get more information.

- are breastfeeding or plan to breastfeed. It is not known whether DUPIXENT passes into your breast milk.

Tell your healthcare provider about all of the medicines you take including prescription and over-the-counter medicines, vitamins, and herbal supplements. If you have asthma and are taking asthma medicines, do not change or stop your asthma medicine without talking to your healthcare provider.

**How should I use DUPIXENT?**

- **See the detailed "Instructions for Use" that comes with DUPIXENT for information on how to prepare and inject DUPIXENT and how to properly store and throw away (dispose of) used DUPIXENT pre-filled syringes.**
- Use DUPIXENT exactly as prescribed by your healthcare provider.
- DUPIXENT comes as a single-dose pre-filled syringe with needle shield.
- DUPIXENT is given as an injection under the skin (subcutaneous injection).
- If your healthcare provider decides that you or a caregiver can give the injections of DUPIXENT, you or your caregiver should receive training on the right way to prepare and inject DUPIXENT. **Do not** try to inject DUPIXENT until you have been shown the right way by your healthcare provider. In children 12 years of age and older, it is recommended that DUPIXENT be administered by or under supervision of an adult.
- If you miss a dose of DUPIXENT, give the injection within 7 days from the missed dose, then continue with the original schedule. If the missed dose is not given within 7 days, wait until the next scheduled dose to give your DUPIXENT injection.
- If you inject more DUPIXENT than prescribed, call your healthcare provider right away.
- Your healthcare provider may prescribe other medicines to use with DUPIXENT. Use the other prescribed medicines exactly as your healthcare provider tells you to.

**What are the possible side effects of DUPIXENT?**

**DUPIXENT can cause serious side effects, including:**

- **Allergic reactions (hypersensitivity), including a severe reaction known as anaphylaxis.** Stop using DUPIXENT and tell your healthcare provider or get emergency help right away if you get any of the following symptoms: breathing problems, fever, general ill feeling, swollen lymph nodes, swelling of the face, mouth and tongue, hives, itching, fainting, dizziness, feeling lightheaded (low blood pressure), joint pain, or skin rash.
- **Eye problems.** Tell your healthcare provider if you have any new or worsening eye problems, including eye pain or changes in vision.

**The most common side effects of DUPIXENT include:** injection site reactions, eye and eyelid inflammation, including redness, swelling and itching, and cold sores in your mouth or on your lips. Eye and eyelid inflammation, including redness, swelling and itching have been seen in patients who have atopic dermatitis. Tell your healthcare provider if you have any side effect that bothers you or that does not go away.

These are not all of the possible side effects of DUPIXENT. Call your doctor for medical advice about side effects. You may report side effects to FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

**General information about the safe and effective use of DUPIXENT.**

Medicines are sometimes prescribed for purposes other than those listed in a Patient Information leaflet. Do not use DUPIXENT for a condition for which it was not prescribed. Do not give DUPIXENT to other people, even if they have the same symptoms that you have. It may harm them.

This is a summary of the most important information about DUPIXENT for this use. If you would like more information, talk with your healthcare provider. You can ask your pharmacist or healthcare provider for more information about DUPIXENT that is written for healthcare professionals.

For more information about DUPIXENT, go to www.DUPIXENT.com or call 1-844-DUPIXENT (1-844-387-4936)

**What are the ingredients in DUPIXENT?**

**Active ingredient:** dupilumab

**Inactive ingredients:** L-arginine hydrochloride, L-histidine, polysorbate 80, sodium acetate, sucrose, and water for injection

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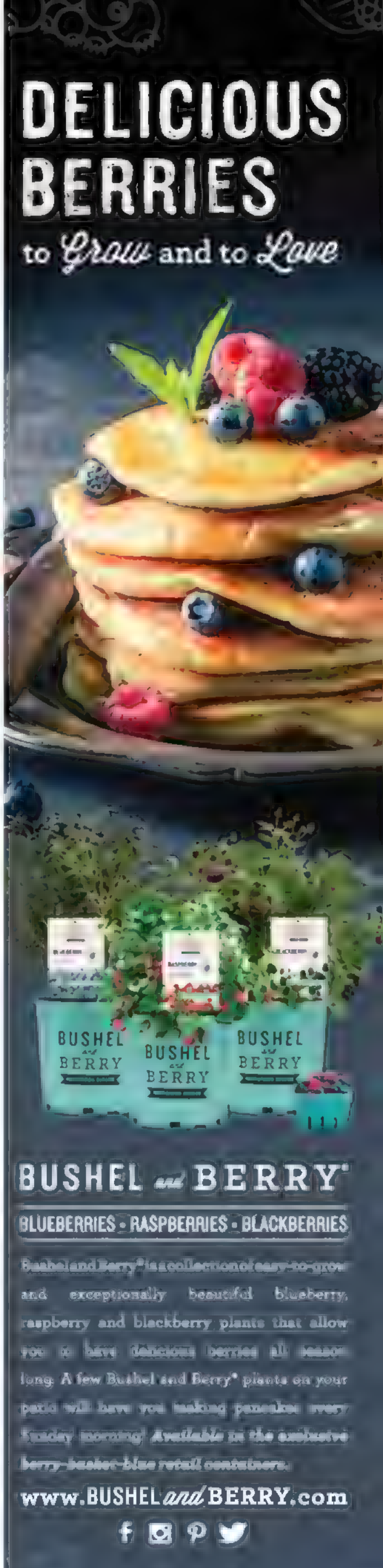
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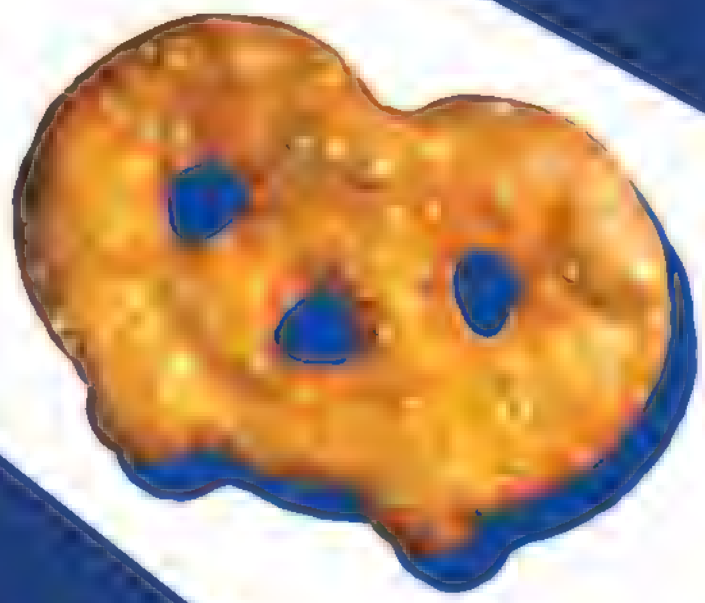

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FIND US IN THE DELI

# GOOD LIFE

FRESH IDEAS FOR EVERY DAY

## Get After It

Need motivation to get some early a.m. movement? Research suggests that a pre-breakfast sweat session may burn more body fat than working out after you eat. **By Julia Westbrook**

In the study, published in *The Journal of Clinical Endocrinology & Metabolism,* sedentary, overweight men rode stationary bikes either before or after their morning meal three times a week, for six weeks. All the participants burned around the same number of calories, but those who worked out on an empty stomach burned twice as much body fat. That's because your muscles need fuel when you exercise, which can come from either carbs or fat. When you eat, the hormone insulin increases, signaling your body to hold onto fat and burn carbs for energy, explains study co-author Javier Gonzalez, Ph.D., a physiologist at the University of Bath in England. But when you exercise with lower pre-meal insulin levels, your body will turn to fat as its primary source of fuel.

JOHNER B. LDBYRA AB/GETTY IMAGES

**DIG THESE PERKS**

Gardening gets a (green) thumbs-up for helping reduce cancer risk. A recent study found it also improves breast cancer recovery.

# Welcome, Pollinators

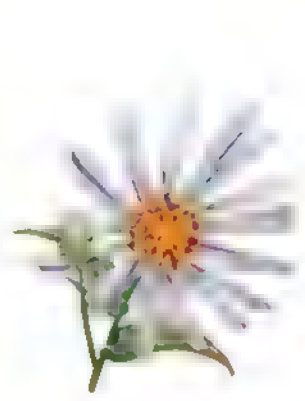
These critters are responsible for an estimated one out of every three bites of food we eat—but many are under threat. So return the favor. Below are five plants to include in your garden that bees, butterflies and hummingbirds will flock to. **By Johanna Silver**

**BASIL**

Humans aren't the only basil fans—pollinators also go gaga for it. Gardeners typically pinch flowers off to make the plant focus energy on its flavorful leaves, but there are some types that are bred specifically for their abundant blooms. Magic Mountain and Wild Magic flower all summer, attracting bees and others and grow wonderfully in containers. (Culinary basil, such as Genovese, works too. But while it's tastier for you, it doesn't have the same flowering power.)

**PENSTEMON**

There's a penstemon (aka beardtongue) for every garden, whether you want something bright orange or pale purple, petite or towering. It's a draw for various pollinators, but red flowers will attract the most hummingbirds. Try the Venus or Palmer's penstemon if you live in the Western U.S., large-flowered penstemon in Midwest regions and smooth penstemon in the East.



**ASTER**

Asters' daisy-shaped faces pop out right when many flowers close up shop in late summer and fall, making them an important source of nectar for butterflies, moths and bees when food is in shorter supply. Petals come in various hues of purple, pink and white. Try planting smooth blue aster in the East and Midwest, and Pacific aster or Douglas aster in the West. Short on garden space? This is another plant that grows just fine in pots.

**LUPINE**

In shades of blue, purple, white and yellow, these tall flower spires—which bloom atop gorgeous, textured foliage—are a major draw for all types of bees and many butterflies. Perennial (wild) lupine is most common in the East. Silvery lupine is native to the Great Basin, Rocky Mountains and Southwest, while West Coasters can look for the yellow-flowered annual golden lupine.

**MILKWEED**

Milkweed is the only host plant for the monarch butterfly, meaning it's the one place females lay their eggs and young caterpillars feed. It offers nectar to bees, butterflies and hummingbirds too. Consider planting the widely available swamp milkweed and butterfly milkweed.

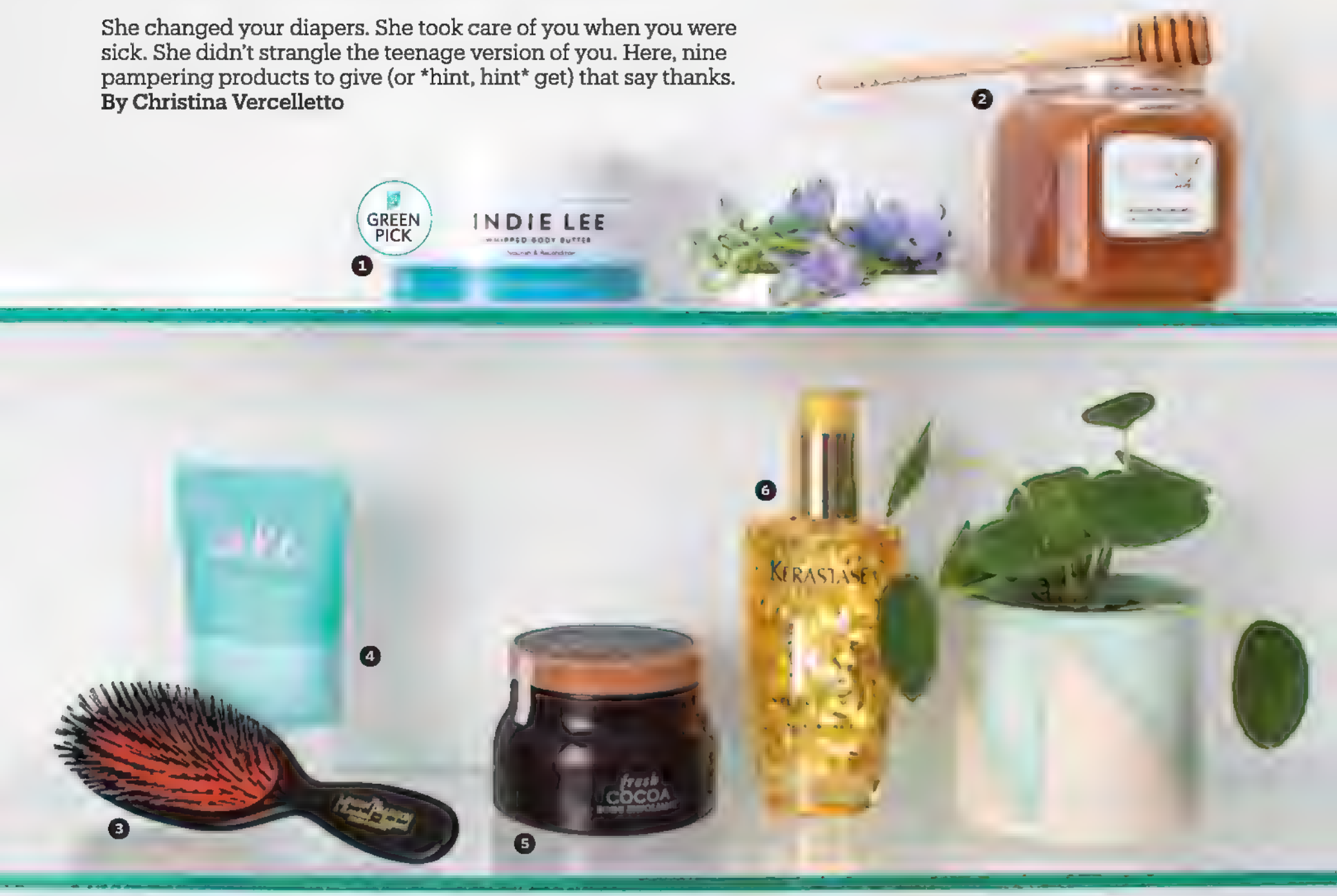
Not sure what variety to choose? When in doubt, ask your local nursery which will grow best in your region.

plantyourplate

DANITA DEL MONTE/OFFSET; ILLUSTRATIONS BY MELISSA GARDEN

# The Mother Lode

She changed your diapers. She took care of you when you were sick. She didn't strangle the teenage version of you. Here, nine pampering products to give (or *hint, hint* get) that say thanks.
**By Christina Vercelletto**




**1 Indie Lee Whipped Body Butter** This body butter is somehow ethereal and lush at the same time—with shea butter and antioxidants that absorb in a flash but make skin feel more hydrated than most regular lotions. We also like that it's certified organic. *$65; IndieLee.com*

**2 Laura Mercier Ambre Vanillé Honey Bath** Vanilla. Brown sugar. Tangerines. Sweet almonds. Who wouldn't want to lounge around in bubbles like those? And the shea butter, oat protein and vitamin $B_5$ leave skin incredibly soft. (It can be used as a body wash too.) *$55; LauraMercier.com*

**3 Mason Pearson Pocket Bristle & Nylon Hairbrush** When is a hairbrush the most exciting present ever? When it's a Mason Pearson. Handmade in London since 1885, these brushes are built to last—and the combo of nylon and boar bristles makes hair sleek from roots to ends. Plus, the small size is perfect for stashing in a purse or gym bag. *$120; Nordstrom.com*

**4 Cake Walk Foot Crème** This rich, minty cream makes kicking back on Mother's Day that much more relaxing. Cocoa butter, almond and avocado oils soften, peppermint and spearmint essential oils lend an invigorating spa-like scent, and menthol crystals gently buff rough spots. *$7; CakeBeauty.com*

**5 Fresh Cocoa Body Exfoliant** If Mom's a chocolate fan, she'll go crazy for this velvety scrub (sounds like an oxymoron, but it's not). It has finely crushed coconut shells to exfoliate skin, and *three* forms of cocoa, including moisturizing cocoa butter. And did we mention it smells like brownies? *$45; Fresh.com*

**6 Kérastase Paris Elixir Ultime L'Huile Original Hair Oil** Great for all hair types—thanks to a super-light formula—this heavenly-smelling treatment contains a combo of marula, argan and camellia oils that strengthen, smooth and add shine. It protects hair from the heat of blow-dryers and flat irons as well. *$50; Kerastase-usa.com*

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**100% Pure Green Tea Water Bomb Mask** soothes and plumps skin with aloe water and hyaluronic acid. *$8; 100percentpure.com*

**Vital You Chill Toner Mist** has CBD and lavender essential oil. *$25; vitalyouproducts.com*

JULIE GOLDSTONE

# Farm to Fast-Casual

*"Know your farmer" has long been one of the best ways eaters can shift the agricultural system in a healthier direction. Meet a restaurant chain that's working to scale up this approach.* ***By Jane Black***

Nick Wiseman didn't exactly set out to bring biodiversity back to the American plains. In 2015, he was looking for a chickpea supplier for Little Sesame, his soon-to-open Washington, D.C., fast-casual restaurant specializing in hummus bowls and Israeli salads. A friend knew just the guy: a farmer in Montana named Casey Bailey.

Bailey's 5,000-acre organic farm in the center of the state grows chickpeas, lentils and other perennial legumes as well as spelt and several kinds of wheat—this *is* wheat country, after all. You can drive for hours and see nothing but conventionally raised, hard red winter wheat, which Bailey grew up farming. But after studying philosophy and religion in college, he returned to Montana determined to take a more holistic approach. He transitioned his land to organic and diversified his crops. When Wiseman called for chickpeas, Bailey shipped him a 25-pound sack to try.

Today, Little Sesame's two locations go through 25,000 pounds of chickpeas annually—which will double when two new spots open this year. Wiseman could buy conventional chickpeas and save about 60%, but he's prioritized supporting Bailey's mission to diversify the heart of America's vast wheat monoculture. And thanks to the partnership, when Little Sesame grows, Bailey's farm grows, too, adding 5 acres of chickpeas for every restaurant location that opens.

Little Sesame is just one example of how fast-casual restaurants are slowly, steadily remaking the food system. They're reappropriating some of the elements of the fast-food business model—like limited menus that don't change very often—but following the farm-to-table restaurant ethos of only using thoughtfully sourced ingredients. And with anywhere from two to 100 locations each, Little Sesame and their peers can buy in greater volume than a typical farm-to-table eatery.

This is a game changer because it means midsize farms are able to get in on the sustainability game too. Consider chickpeas. One upside of growing them is that the plants' roots release unique micronutrients that help enrich the soil (which boosts water retention and keeps carbon in the ground, instead of in the atmosphere). However, chickpeas have historically been a less-than-secure investment for farmers. Commodity crops—namely wheat, corn and soy—are subsidized by the government, as are farmers' insurance policies, so a commodity farmer has a safety net if crops fail. That's not the case with chickpeas. "Knowing I have a good market for chickpeas, though, I'm willing to take the risk," says Bailey.

What Bailey is doing may be an anomaly in wheat country, but his tight relationship with Little Sesame shows how things might look different. Last summer, Wiseman and his colleagues drove a VW bus from D.C. to the farm and cooked a supper for Bailey and his community. "That dinner made an impression—and the front page of the paper," Bailey says, "and just maybe helped more companies see the benefits of cultivating strong relationships with innovative, risk-taking farms."

**GO GREEN**

What you eat does make a difference for the planet. Check out five ways to help fight climate change with your food choices at eatingwell.com/eatgreen

Little Sesame co-founder Nick Wiseman and farmer Casey Bailey *(second and third from left)* stand in one of Bailey's fields along with the Little Sesame road-trip team.

# Order Up!

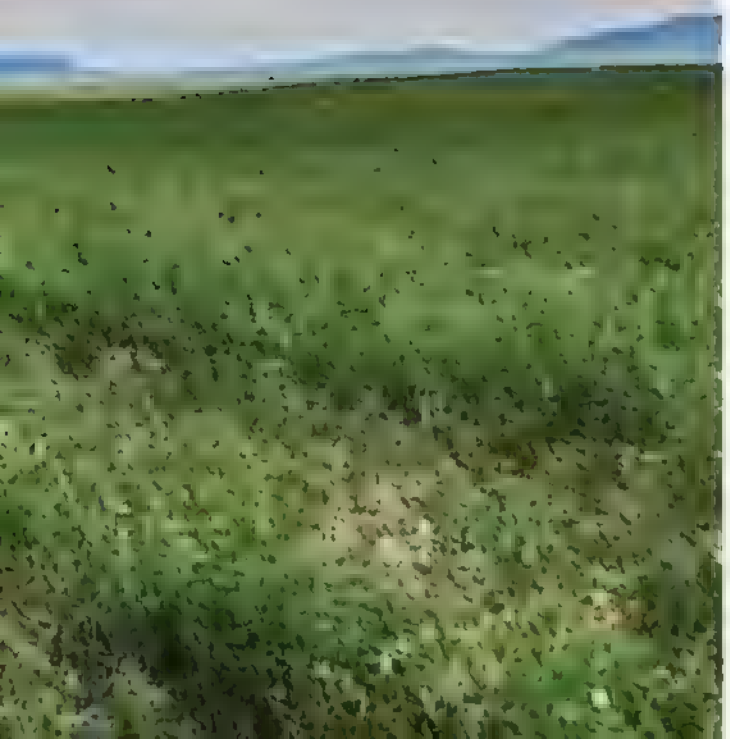
***These fast-casual eateries also put sustainability on the menu.***

**DIG** According to the EPA, packaging accounts for nearly 30% of all garbage in the U.S. So Dig, an East Coast veg-centric chainlet, launched a program called Canteen last fall: for $3 a month, customers can take out their food in a BPA-free plastic bowl, then return it once they've finished—to be reused. *Diginn.com*

**SWEETGREEN** Breeding veggies for taste, rather than yield or pest resistance, is a niche concept. But in 2018, this salad chain (with already-high sourcing standards) bought 100,000 seeds for a squash called the koginut developed by chef and seed entrepreneur Dan Barber. The slightly citrusy squash hit menus in their 100 locations nationwide in a successful (limited-time) salad. The move added biodiversity to farmers' fields and proved that flavor sells. *Sweetgreen.com*

**CAVA** This Mediterranean chain with more than 90 locations uses canned chickpeas for its hummus. Until recently, the leftover canning liquid, called aquafaba, went down the drain. In December, Cava began using it as the base of a creamy, vegan garlic dressing. *Cava.com*

ALEXIS BONOGOFSKY



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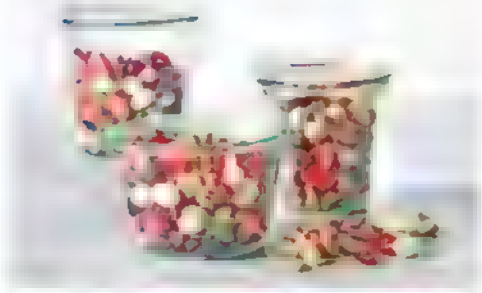

## VANILLA WALNUT BERRY TRAIL MIX

TOTAL TIME: 20 MINS | SERVES: 8

### INGREDIENTS

- 2 tablespoons butter
- 2 teaspoons vanilla extract
- 2 cups California walnut halves and pieces
- 2 tablespoons sugar
- 1 cup yogurt or chocolate covered raisins or 2 cups yogurt covered pretzels
- ¾ cup pumpkin seeds, raw
- 2 cups freeze-dried strawberries, blueberries, peaches or mango (or a mixture)

### PREPARATION

Melt butter in a medium skillet over medium heat. Swirl in vanilla and sugar, then add walnuts. Cook, stirring frequently, for 5 minutes or until toasted. Let cool completely. Add raisins and pumpkin seeds to walnuts and toss well to mix. Add fruit and toss gently. Store in an airtight container.

**walnuts.org**

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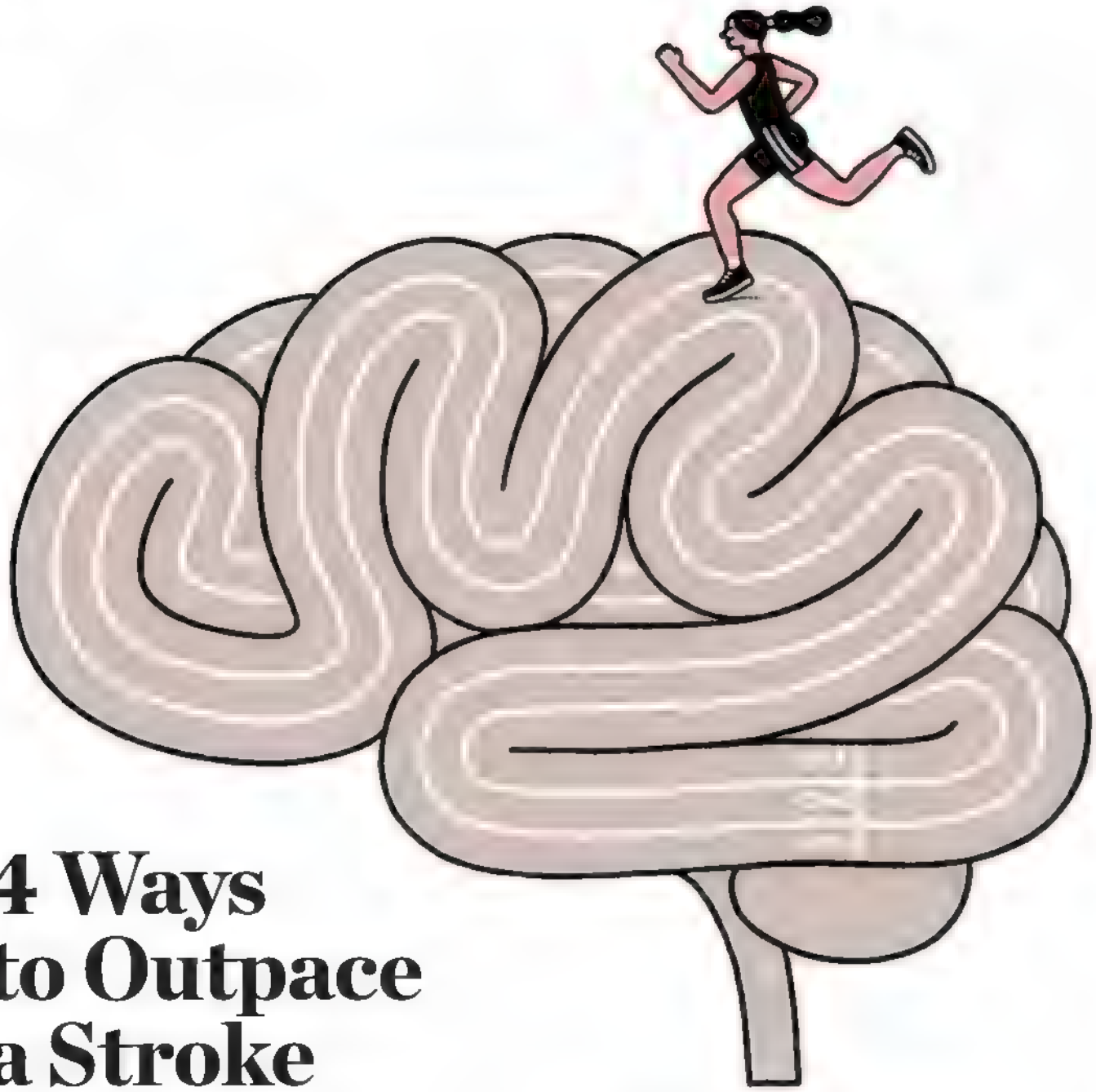

# 4 Ways to Outpace a Stroke

***Every 40 seconds, someone in the U.S. suffers a stroke, according to the Centers for Disease Control and Prevention. Fortunately, about 80% of them are preventable. Here are smart places to start. By Jessica Migala***

Your brain and your heart are the biggest players when it comes to a stroke—which happens when oxygen and nutrients can't get to the brain, often because a clot blocks the blood vessels going to your head. Two major factors that can (independently) lead to a stroke are high blood pressure and high cholesterol. Hypertension damages blood vessels and cholesterol can cause the buildup of fatty deposits that narrow arteries, says cardiologist and *EatingWell* advisor Philip Ades, M.D. Scary, yes, but healthy habits, like these four, can go a long way toward keeping arteries strong and resilient.

**HIGH BLOOD PRESSURE?**

**Learn how to rein in hypertension and lower your risk for a stroke at eatingwell.com/bloodpressure**

## Get a Move On

When you walk, are you a tortoise or a hare? Compared to slow strollers (a pace of 1 mile per hour) those who moved at a faster clip (3.5 mph) had a 44% reduced likelihood of a stroke, a recent review in the *Journal of Sport and Health Science* concluded. Walking speed is an indicator of your overall aerobic fitness and blood vessel function. If you're a slow walker, it may be time to do more cardio. During workouts—no matter your exercise of choice—use the talk test to make sure you're pushing yourself enough. The exercise should feel challenging to the point where you can say only short sentences. Once you can do this for 30 minutes straight, boost the activity length and frequency.

## Nosh on Some Walnuts

Eating a 1-ounce serving of this nutty snack at least once a week was associated with a 17% lower risk of stroke, according to research at Brigham and Women's Hospital and Harvard Medical School. Walnuts are a top source of heart-healthy alpha linolenic acid (ALA), a plant-based type of omega-3, that has been linked to healthy cholesterol and triglycerides, improved blood vessel function and reduced inflammation (important because high levels of inflammation can damage arteries). All together, this helps prevent plaque buildup, blood clots and vascular weakening that can contribute to a stroke.

## Strike a Work-Life Balance

Working long hours—more than 10 hours a day for 50 days out of the year—was associated with 29% greater odds of having a stroke, French researchers found. The reason? Constant on-the-job demands, and the chronic stress that comes with them, appear to negatively impact vascular function, possibly by increasing inflammation in the body. If you can shift things around to improve your work-life balance, great. Otherwise, make sure you're prioritizing other prevention strategies. One to consider: yoga. Not only is it a proven stress-buster, the mind-body activity may also help lower blood pressure and cholesterol levels.

## Go Bananas

Curbing sodium has been a top recommendation for controlling hypertension for decades. But consider *increasing* potassium at the same time. Getting nearly twice as much sodium as potassium is associated with a 22% greater stroke risk, according to research in the journal *Clinical Nutrition*, while consuming more potassium lowers this risk. Sodium makes your body hold on to water, which raises blood pressure. "Potassium helps to regulate this fluid retention," says Penny Kris-Etherton, Ph.D., R.D., from the American Heart Association. Limit sodium to 2,300 mg/day (1,500 if you have hypertension) and aim to get 4,700 mg potassium—a doable target if your diet is rich in fruits and veg.

ILLUSTRATION BY GUILHERME ZARBIETTI

A few notes on walnuts, happiness and

# the joy of paper towels when your cup runneth over

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*California wa nuts are certified by the American Heart Association® Heart-Check food certification does not apply to recipes unless expressly stated. See heartcheckmark.org/gu delines. Supportive but not conclusive research shows that eating 1 5 ounces of wa nuts per day, as part of a low saturated fat and low cho esterol diet and not resulting in increased calonc intake, may reduce the risk of coronary heart disease. (FDA) One ounce of walnuts offers 18g of total fat, 2.5g of monounsaturated fat, 13g of polyunsaturated fat including 2 5g of alpha-linolen c acid – the plant-based omega-3

# Appetite for Culture

The best museums teach us something, make us ponder the past—and sometimes even make us hungry. These four celebrate some of America's most iconic ingredients, drinks and dishes. **By Tina Caputo**

### Southern Food & Beverage Museum
**New Orleans, Louisiana**

The Southern Food & Beverage Museum (SoFAB) is a feast for the eyes—and the palate. Sign up for a cooking class on Creole, Cajun or Italian creole cuisine in the demonstration kitchen. Peruse the 11,000-volume culinary library or dig into the exhibits on regional barbecue styles and the distinctive food traditions of the Southern states. SoFAB also houses the New Orleans Collection of the Museum of the American Cocktail, featuring cool antique cocktail shakers and absinthe artifacts. $10.50 adult entry; classes start at $75 (including lunch); *southernfood.org*

### Idaho Potato Museum
**Blackfoot, Idaho**

A 20-foot baked spud sculpture greets visitors outside this museum, housed in a retired train depot along the railroad that once transported Idaho potatoes to neighboring states. The museum explains the tuber's cultivation and harvest process, shows off a 25-by-14-inch potato chip (the world's largest) and traces the potato's journey from South America through Europe to North America. You can even check out some tater-powered science (like how plugging electrodes into a potato generates a current that runs a clock). Then satisfy starchy cravings at the Potato Station Café, which offers a baked potato bar, waffle fries and sweet potato-flour cupcakes. $6 adult entry; *idahopotatomuseum.com*

### 1881 Napa Wine Museum
**Oakville, California**

Drink in California's vinous history inside one of Napa's oldest Victorian homes. The facility, which opened last year, showcases antique decanters, winemaking and viticultural tools and artifacts, like California wine bottles and advertisements from the late 19th century. Learn about Napa's 16 distinct regions as you sample cabernet sauvignon, merlot, chardonnay and other wines from local producers (including the museum's own creations) in the tasting room. Or relax on the patio with gourmet nibbles from the on-site grocery—the oldest in the state. Think: local cheeses, charcuterie and even caviar. Free entry; tastings start at $45; *1881napa.com*

### Mill City Museum
**Minneapolis, Minnesota**

Built in 1880, this former flour mill *(below)* was once the world's largest—grinding out enough flour to make 12 million loaves of bread daily at its peak. The Flour Tower elevator experience is a multimedia tour through the eight levels of the museum, where you can learn about the process of transforming wheat into flour. There's also a simulation of the flour dust explosion that destroyed the original mill in 1878. Next, head to the Baking Lab to sample fresh brownies or cookies and see how millers turn different wheat grains into various types of flour. Finish at the museum café, Bushel & Peck, where local, organic produce and bread from house-milled grains star in sandwiches, burgers and salads. $12 adult entry; *mnhs.org/millcity*

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# Bug Off!

To keep Fluffy and Fido from turning into Itchy & Scratchy, here's what you need to know. **By Alison Ashton**

Effective flea and tick control is crucial, because pests like these aren't just a nuisance. They can also carry diseases—like Lyme and Rocky Mountain spotted fever—or tapeworms that can put your pet's health, and yours, at risk. But there are steps you can take to protect your entire family, furry members included.

**Prescription treatments are your best bet.**
Flea and tick preventives that are prescribed by your vet are approved and regulated by the FDA for efficacy and safety (for both pets *and* their owners), which is why most experts recommend them over other options. Dan Markwalder, D.V.M., founding partner of Companion Animal Hospital in Chicago, recommends a long-duration treatment over monthly ones because fewer doses make it easier for owners to remember to administer it to their pets. He also notes that dogs tend to have an easier time with oral treatments (they'll eat them more readily), while cats may be more finicky and do better with a topical one. Indoor-only cats need protection too. Pests can get tracked into the house by other family members, whether two- or four-legged—even if other pets have been treated for fleas and ticks. "Keep in mind, no product is 100% effective," notes Markwalder.

**You should inspect pets regularly.**
"I'm a big believer in flea combs," says Markwalder, explaining that combing is a good way to ensure that preventive treatment is working as intended. (While we're on the subject of grooming, he adds that you can skip flea shampoos. They may provide temporary relief, but they're not effective for killing eggs or larva, or for post-infestation protection.) Also check for ticks, especially under ear flaps and around the face and belly. If you spot one, remove it entirely with tweezers. (Not sure how? Ask your vet for a demonstration.) Skip "hacks," like using a hot match or petroleum jelly.

**Be wary of natural remedies.**
While the idea is appealing, veterinary nutritionist Cailin Heinze, M.S., V.M.D., D.A.C.V.N., an adjunct associate professor of veterinary medicine at Tufts University, begs caution: "Natural remedies have a pretty big health halo, but they also have pretty big risks." Some popular alternatives—like feeding your pet garlic or applying pennyroyal or tea tree essential oils—can be harmful to cats and dogs. Others (like giving them brewer's yeast, B-complex vitamins, cider vinegar or cumin) simply have no evidence behind them and leave pets vulnerable to pests and the diseases that they carry. Better to opt for FDA-approved methods that are proven to work and have been demonstrated to be safe.

Learn more ways to keep your fur ball happy and healthy at eatingwell.com/pets

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# Got Carb Questions?

We know you do, because we get asked about them—All. The. Time. So let's clear up the confusion. **By Joyce Hendley, M.S.**

**What *is* a carb?** Found in plant foods and dairy, carbohydrates typically break down into the sugar glucose (the body's preferred energy source) during digestion. However, carbs come in varying complexities, and how quickly they break down is what makes some carbs very different from others. Simple and refined carbs (such as those from soda and white bread) digest quickly, causing problematic blood sugar spikes. Most foods with complex carbs—think whole-wheat bread—contain dietary fiber and take more time for the body to process, resulting in gentler swings in blood sugar levels.

**What does "low carb" even mean?** There actually isn't one official definition. Many studies consider getting 40% of calories a day from carbs to be "moderate-to-low," and 20% "very low." Keto clocks in at 5 to 10%. For comparison, the average American gets about half their daily calories from this nutrient (250 grams a day on a 2,000-calorie diet).

**Is cutting carbs a healthy way to eat?** Scaling back on added sugars and refined carbs is good for anyone's health. But problems arise when people shun *all* carbs indiscriminately, says *Eating Well* advisor David Katz, M.D., M.P.H., co-author of *How to Eat: All Your Food and Diet Questions Answered*. "Lumping together carbs as one food category is nothing short of idiotic," he says. "Everything from lentils to lollipops is 'carbs.' By cutting them willy-nilly, you're missing out on vital nutrients that the healthier carbs contain."

A lot also depends on what *replaces* those deleted carbs in your diet. According to research published in *The Lancet Public Health*, people who tended to live longest got 50 to 55% of their daily calories from carbs. Those whose diets were at either end of the spectrum—with less than 40% of their calories from carbs, or more than 70% —had the highest risk of death from any cause. The ultra carb-y diets were often high in refined carbs. And the low-carbers were apt to fall short on healthy fruits, veggies and whole grains and to consume more animal-based fats. However, participants who replaced carbs with plant-based proteins and fats—tofu, peanut butter and nuts rather than beef, chicken and cheese—did not show increased risks.

**Is it a better way to lose weight?** Not really. Stanford University researchers found that slashing calories from carbs is no better or worse than cutting calories from fat: over the course of a year, people on either diet were able to eat 500 fewer calories per day and lost around 13 pounds.

In other words, there's nothing magical about restricting carbs, says Katz. Just about any type of dietary restriction—whether it's eating less carbs, fat or simply overall calories—will lead to weight loss. As part of a low-carb diet, you may be eliminating a lot of carb-heavy processed foods. ("There are a lot of carbs to cut when you get rid of junk food," says Katz.) And that's great. But any weight loss may be because these foods can be high in calories and you'll cut out foods that are easy to overeat—meaning it's about the calories, not the carbs. Regardless of your diet style, quality matters. Studies confirm that people who spend a limited carb budget on whole grains, vegetables and beans—rather than foods like bagels and cake—get the best results.

**Bottom Line:** Maybe low carb is a straightforward, effective way to ax refined carbs and added sugar. But if giving up whole-wheat pasta and bananas sounds like torture, then you may do better cutting calories overall if weight loss is your goal. It just comes down to what works best for you.

2½ cups 1% Milk
256 calories
Plus: 76% DV Calcium
1½ cups Blueberries
127 calories
Plus: 36% DV Vitamin C
1 Doughnut
269 calories
Plus: 6.5 g sat fat
(more than ⅓ of your daily limit)
CARB STACK UP
All of these portions have 30 grams of carbs—and a wide range of nutrition.
¾ cup Green Lentils
173 calories
Plus: 12 g fiber
5 Lollipops
128 calories
Plus: Not much
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# Hot Topic: Collagen

What it does—and whether all those products are worth it.
**By Brierley Horton, M.S., R.D.**

It's in our bones, our teeth and our muscles, and it makes up about 75% of our skin. We're talking about collagen, a protein that acts like scaffolding supporting tissues in the body. With age, collagen begins to break down and we lose about 1% of it each year starting in our 20s, with a rapid decrease after menopause. (Smoking and UV exposure also worsen this.) The theory behind taking collagen supplements is that you can slow that loss and the signs of aging that come along with it.

These products tout all kinds of benefits, in addition to keeping your skin looking youthful: helping you recover faster from injury, keeping your joints less creaky and promoting heart health, muscle strength, strong bones and a happy gut. And the message has clearly spread. Collagen products—which include more than just pills, branching into powder mix-ins, coffee creamers, snack bars and bone broth—are H-U-G-E these days. By 2027, the industry is predicted to be worth $7.5 billion globally. But does science support this boom?

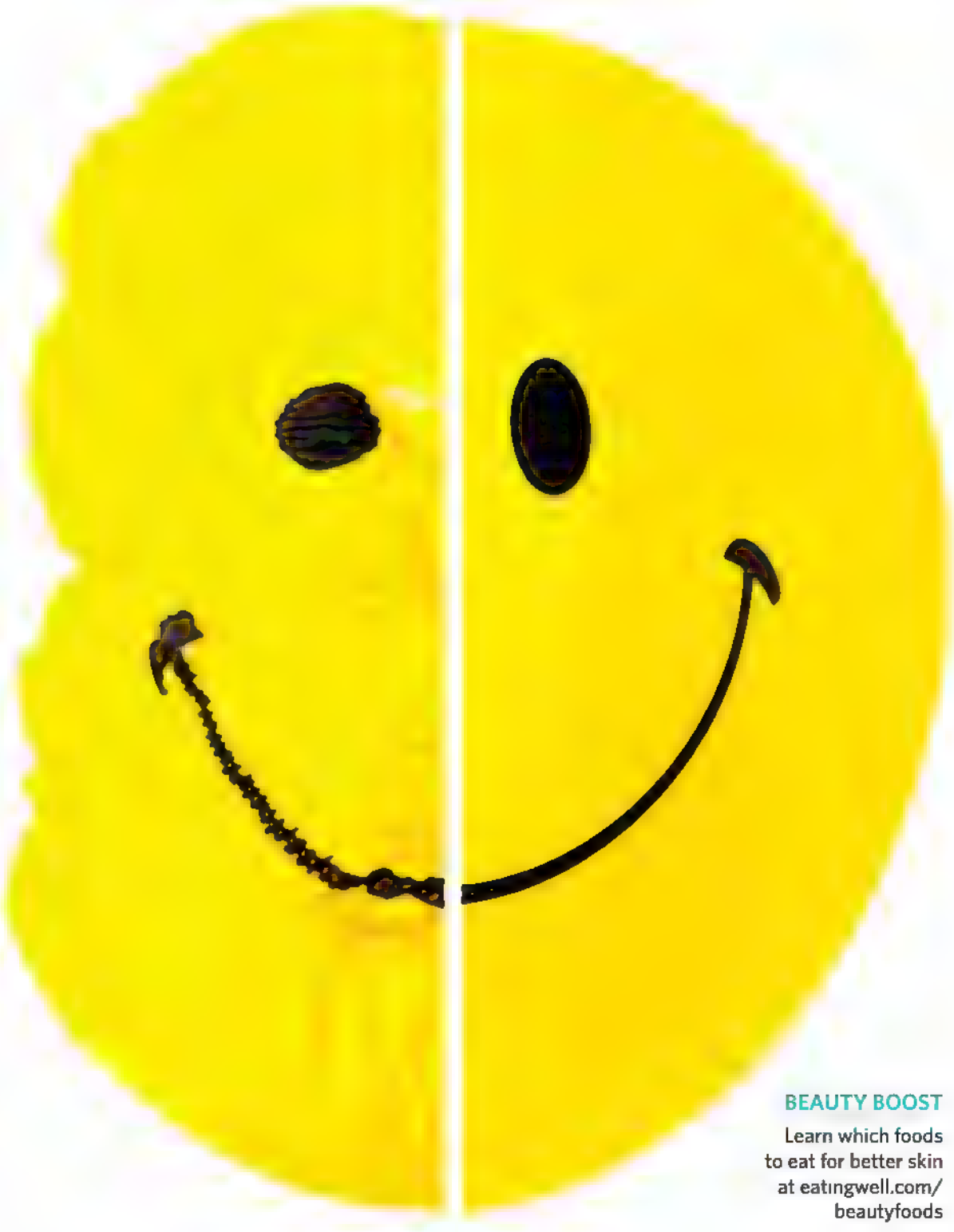
There is some compelling evidence around taking collagen supplements for your skin. In a study published in the journal *Alternative Therapies*, women who took a collagen supplement twice daily for three months significantly reduced their fine lines, wrinkles and crow's feet (measured using various skin scans as well as subjective reports) versus those who took a placebo. Similarly, University of California, Irvine scientists conducted a review of 11 studies looking at collagen and skin health and concluded that taking oral collagen appears beneficial for anti-aging (and wound healing).

As for other perks, the research is strongest for joint health, suggesting that collagen supplementation may lessen stiffness and pain, and could help protect cartilage from wear and tear. When college athletes took a collagen supplement for 12 weeks, they reported less joint pain during regular exercise than those who did not take it. They also bounced back faster with fewer post-workout recovery treatments. Other research, including a review published in *International Orthopaedics*, found that when people with osteoarthritis took collagen supplements, their joint stiffness improved.

The rest of the purported benefits are supported by a smattering of encouraging studies, but the body of evidence is far too small to make health recommendations. (One claim to be particularly wary of: healing leaky gut. There isn't any real research to show that collagen can repair your intestines.)

As for drawbacks, the biggest one is the expense. Because collagen doesn't build up in your system, you need it regularly, and it's a supplement that's on the pricier side. Plus, because supplements in general are poorly regulated, it can be hard to know exactly what you're getting. Safety-wise, though, there isn't any research that suggests taking collagen is harmful (although it's a good idea to talk with your health care team before starting any supplement). And know that many collagen supplements aren't vegan- or vegetarian-friendly.

The trickiest part is knowing the right dose to take, since the amounts used vary from study to study. Your best bet is to talk to a specialist (like a dermatologist or a sports medicine doctor) to see how much you may need.



JOCHEN TACK/ALAMY STOCK PHOTO

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# Surviving the Checkout Line

Some people say shopping with a hangry toddler is the worst. I disagree. **By Juno DeMelo**

*"I thought you might like the deodorant left out."*

LIZA DONNELLY

I've meal-planned for our family of three, which includes a toddler whose main food group is "cheese food" encased in wax. I've donned my uniform of banged-up clogs and purple fleece hoodie, a combo so sloppy it once prompted a stranger to commiserate with me on motherhood—before I was a mom. I've remembered my shopping bags, found a parking spot and made it to the grocery store.

"Any fun plans for today?" the clerk asks me.

Believe it or not, this—wandering the wide aisles alone, thermos of coffee in hand—*is* my fun plan for the day.

I love grocery shopping. It's my version of yoga. Plus, it's a chance to spend money guilt-free and be a martyr about it when I get home. (I always mention the congested parking lot, or the woman who held up the deli line sampling nine kinds of Swiss in four different thicknesses, but never the free samples of pie.)

It's checking out that I hate, particularly the small talk. "Any fun plans for today?" I'm asked again. I wonder what would happen if I said my plans included sacrificing small animals in the backyard. But I settle for one of the stock phrases I used to panic-spout when a co-worker would ask how I intended to spend my weekend. "Gonna try to soak up the sunshine!" Or, if it was supposed to rain, "Just tackling my crazy to-do list!"

Sometimes the clerk will ask what I'm going to do with my groceries. "Well, sir, the whipped cream is actually for... uh, never mind—TMI!—and the toothpicks are for gouging out my eyes when I discover that, for the 800th time, you've packed the pears in such a way that they're halfway to puree by the time I get home," I consider saying. Instead, I tell him that I'm making a cake, which I will eat either while sunning myself or between checking off tasks.

Even if the checkout person doesn't care about my plans, there are other questions he must ask: "Do you want rubber bands on your eggs? Do you have any coupons? Do you want me to double-bag this? Oh, did you bring your own bags? Great, do you want to donate your bag credits? Do you want your meat in plastic? Do you belong to our rewards program? Would you like to join? Did you find everything you were looking for?" (Yes, thank you, only because I was able to deduce that you keep the harissa with the ketchup.)

I *do* like analyzing the tabloid photos of celebrities without makeup whose skin still looks, conservatively, eight times better than mine does spackled with concealer. Spying on other people's groceries is fun, too. Twenty cans of chili and a pair of latex gloves? Marshmallow circus peanuts and Vienna sausages? Four whole chickens, a box of super-absorbency tampons and assorted flavors of Jell-O pudding? What must *they* have planned for their day? And I enjoy the downtime waiting in line, getting to ponder why someone would want to buy shelf-stable beef stroganoff, or the difference between spearmint, peppermint, sweet mint and winter mint gum.

I used to take my daughter grocery shopping with me, until she started pressing all the buttons on the credit card reader and taking free stickers by the fistful. If the clerk was dead set on engaging her, she would whip her head in the opposite direction and stick out her bottom lip. If the clerk clearly felt children belonged in zoos, she would flirt as if a life of eating cupcakes for breakfast depended on it. The people behind us in line always seemed to have either unsolicited advice or death stares to dole out. They did not tend to look fondly on spit-up that was part banana and part breast milk.

Recently, I popped into the grocery store with her for a few things. Now that she can walk, I let her push a kid's cart. "Shopping!" she kept exclaiming. She grabbed a box of gluten-free crackers (we eat wheat, in abundance) and, of course, some "cheese food." Then she had a meltdown in the frozen-foods aisle, so I took her outside. My fun plan that day? Having my husband go through the checkout line in my place.

**JUNO DEMELO** *is a writer based in Portland, Oregon.*

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# DINNER TONIGHT

17 EASY HEALTHY RECIPES

## Make Any Day Friday

Smoky Tajín Margarita & Loaded Black Bean Dip ▸

**PHOTOGRAPHY BY BLAINE MOATS**

STYLING: GREG LUNA (FOOD); SUE MITCHELL (PROPS)

## Smoky Tajín Margarita

**ACTIVE:** 5 min **TOTAL:** 5 min

*A bit of the chile-lime seasoning Tajín on the rim of your glass contrasts with the sweet orange and agave.*

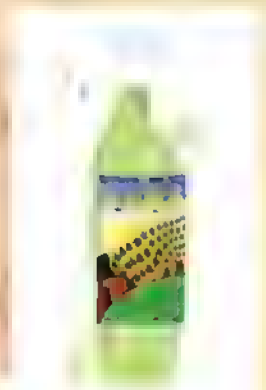
- **4 ice cubes, plus more for serving**
- **1 ounce lime juice, plus lime wedge for garnish**
- **1 ounce mezcal *or* tequila**
- **½ ounce orange liqueur, such as Grand Marnier**
- **¼ ounce agave nectar**
- **⅛ teaspoon chile-lime seasoning, such as Tajín, plus more for the rim**

**1.** Combine ice, lime juice, mezcal (or tequila), orange liqueur, agave and chile-lime seasoning in a cocktail shaker or jar with a tight-fitting lid. Shake for 10 seconds.

**2.** Rub lime wedge around the rim of a low-ball glass and dip in chile-lime seasoning, if desired. Fill the glass with ice and strain the cocktail into it.

**SERVES 1:** 4 oz.

**Cal** 129 **Fat** 0g (sat 0g) **Chol** 0mg **Carbs** 12g **Total sugars** 11g (added 5g) **Protein** 0g **Fiber** 0g **Sodium** 96mg **Potassium** 36mg.



**SALUD!**
Mezcal, tequila's smoky cousin, is made from fermented slow-roasted agave. It's traditionally enjoyed on its own, but we love the intensity it adds to margaritas.

## Loaded Black Bean Dip

**ACTIVE:** 25 min **TOTAL:** 25 min

**TO MAKE AHEAD:** Refrigerate for up to 3 hours.

*This is layer dip simplified: just heat and season refried beans, then top with fresh vegetables for a texturally exciting dip.* (Photo: page 31.)

- **1 15-ounce can reduced-sodium refried black beans**
- **1 tablespoon lime juice**
- **1 clove garlic, grated**
- **½ teaspoon chili powder**
- **½ teaspoon ground cumin**
- **⅛ teaspoon salt**
- **1 medium avocado, diced**
- **½ cup finely chopped tomato**
- **¼ cup finely chopped red onion**
- **¼ cup crumbled cotija cheese *or* queso fresco**
- **2 tablespoons diced pickled jalapeño**
- **2 tablespoons chopped fresh cilantro**

Combine beans, lime juice, garlic, chili powder, cumin and salt in a shallow bowl. Microwave on High until heated through, about 1 minute. Spread the mixture into an even layer and top with avocado, tomato, onion, cheese, pickled jalapeño and cilantro.

**MAKES:** 3½ cups (3-Tbsp. serving)

**Cal** 58 **Fat** 3g (sat 1g) **Chol** 2mg **Carbs** 6g **Total sugars** 1g (added 0g) **Protein** 2g **Fiber** 2g **Sodium** 107mg **Potassium** 82mg.

ILLUSTRATION BY EMMA DIBBEN, RECIPES BY DEVON O'BRIEN

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## Chipotle-Cheddar Sweet Potato & Ham Hash

**ACTIVE:** 30 min **TOTAL:** 30 min

*Hash isn't just for breakfast—it comes together fast for a vegetable-packed weeknight dinner too. A little chipotle pepper adds a kick of heat to complement the sweetness from the potatoes.*

- **1¼ pounds sweet potatoes, scrubbed and peeled, if desired, and shredded**
- **5 scallions, sliced, divided**
- **1 cup diced boneless ham steak**
- **1 tablespoon chopped chipotle pepper in adobo sauce**
- **¼ teaspoon salt**
- **4 teaspoons avocado *or* canola oil, divided**
- **1 cup shredded sharp Cheddar cheese**
- **4 large eggs**

**1.** Mix sweet potatoes, 4 scallions, ham, chipotle and salt in a large bowl until well combined.

**2.** Heat 2 teaspoons oil in a large cast-iron or nonstick skillet over medium-high heat. Reduce heat to medium and add the hash, spreading in an even layer. Cook, turning occasionally, until the sweet potatoes are soft and starting to brown, 8 to 10 minutes. Drizzle the remaining 2 teaspoons oil around the edge and tilt the pan to help the oil flow under the hash. Reduce heat to medium-low and sprinkle the hash with cheese. Cover and cook until the cheese is melted, 2 to 4 minutes.

**3.** Meanwhile, coat a large nonstick skillet with cooking spray and heat over medium heat. Crack eggs into the pan. Reduce heat to medium-low and cook 5 to 7 minutes for soft-set yolks. Serve the hash topped with the eggs and sprinkled with the remaining scallion.

**SERVES 4:** 1 cup hash & 1 egg each
**Cal** 385 **Fat** 22g (sat 9g) **Chol** 246mg **Carbs** 21g **Total sugars** 6g (added 0g) **Protein** 25g **Fiber** 4g **Sodium** 488mg **Potassium** 678mg.

JACOB FOX, STYLING: KELSEY BJLAT (FOOD) SCOTT JOHNSON & SUE MITCHELL (PROPS) RECIPE BY KATIE WEBSTER

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**WINE PAIRING**
Bursting with ripe cherry flavor and moderate tannins, the 2017 Tami' Nero d'Avola, Sicily, Italy ($20), is on the light side for a red, making it perfect for chicken.

## Herb-Grilled Chicken Frites

**ACTIVE:** 45 min **TOTAL:** 45 min

*We combine fresh herbs, capers, lemon juice and olive oil along with the juices collected from the chicken as it rests to make the sauce for this dish.*

- **1¾ pounds bone-in, skin-on chicken thighs**
- **¾ teaspoon salt, divided**
- **¾ teaspoon ground pepper, divided**
- **5 tablespoons extra-virgin olive oil, divided**
- **2 tablespoons lemon juice**
- **1½ cups chopped fresh herbs, such as basil, parsley, chives *and/or* oregano**
- **1½ pounds russet potatoes, cut into wedges**
- **¼ cup capers, rinsed**
- **¼ cup rinsed pickled jalapeños**

**1.** Preheat grill to medium-high.

**2.** Sprinkle chicken with ½ teaspoon each salt and pepper. Whisk 2 tablespoons oil, lemon juice and herbs in a medium bowl. Reserve ½ cup for sauce, then add the chicken to the bowl and rub the remaining herb mixture onto it. Let stand for 5 minutes.

**3.** Toss potatoes with 1 tablespoon oil and the remaining ¼ teaspoon each salt and pepper. Grill the potatoes and chicken, flipping occasionally, until the potatoes are browned and tender, about 15 minutes, and the chicken is crispy and an instant-read thermometer inserted in the thickest part registers 165°F, 15 to 20 minutes.

**4.** Transfer the potatoes to a serving platter and tent with foil to keep warm. Transfer the chicken to a clean cutting board and tent with foil. Let rest for 5 minutes, then add to the platter.

**5.** Add the reserved herb mixture, capers, jalapeños and the remaining 2 tablespoons oil to the juices on the cutting board. Chop the mixture into a paste and spread over the chicken.

**SERVES 4:** 3 oz. chicken & 1 cup potatoes each
**Cal** 483 **Fat** 27g (sat 5g) **Chol** 81mg **Carbs** 34g **Total sugars** 1g (added 0g) **Protein** 27g **Fiber** 3g **Sodium** 696mg **Potassium** 976mg.

RECIPE BY ADAM DOLGE

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**GUT GOODIES**

The leek, asparagus and onion in this soup feed your microbiome with 13 grams of prebiotic fiber (inulin). A study in the *American Journal of Clinical Nutrition* showed that people who ate 9 grams of inulin daily for 2 weeks saw their good gut bugs quadruple.

## Spring Green Soup with Chicken

**ACTIVE:** 40 min **TOTAL:** 40 min

*Sautéing chicken in a little oil first (rather than poaching in the broth) creates some browned bits in the pan (aka fond) that give the soup a richer flavor.*

- **2 tablespoons extra-virgin olive oil**
- **1 pound chicken tenders**
- **2 medium leeks, white and light green parts only, thinly sliced**
- **1 medium yellow onion, chopped**
- **2 stalks celery, chopped**
- **2 cloves garlic, minced**
- **4 cups low-sodium chicken broth**
- **¾ teaspoon salt**
- **¾ teaspoon ground pepper, plus more for serving**
- **1 bunch asparagus, cut into 1-inch pieces**
- **1 5-ounce package baby spinach**
- **1 cup packed fresh parsley leaves**
- **¼ cup grated Parmesan cheese, plus more for serving**

**1.** Heat oil in a large pot over medium-high heat. Add chicken and cook, flipping once, until browned and cooked through, about 6 minutes total. Transfer to a plate.

**2.** Add leeks, onion and celery to the pot. Reduce heat to medium and cook, stirring occasionally and scraping up any browned bits, until very tender, 6 to 8 minutes. Add garlic and cook for 1 minute. Add broth, salt and pepper; bring to a boil over high heat. Reduce heat to maintain a simmer, cover and cook for 5 minutes. Add asparagus and spinach; cook until the asparagus is tender, about 5 minutes more.

**3.** Shred the chicken into bite-size pieces and add to the soup. Stir in parsley and Parmesan. Serve the soup topped with more pepper and Parmesan, if desired.

**SERVES 4:** 2 cups each

**Cal** 314 **Fat** 12g (sat 2g) **Chol** 60mg **Carbs** 20g **Total sugars** 5g (added 0g) **Protein** 38g **Fiber** 5g **Sodium** 741mg **Potassium** 713mg.

RECIPE BY ADAM DOLCE

## Pork Okonomiyaki

**ACTIVE:** 40 min **TOTAL:** 40 min

*There are plenty of ways to make this savory Japanese pancake. In fact, the words* okonomi *and* yaki *roughly translate to "what you like to cook." We like to cook ours with pork and top with a tangy-sweet sauce.*

- **3 tablespoons canola oil, divided**
- **1 pound ground pork**
- **3 tablespoons ketchup**
- **2 tablespoons reduced-sodium soy sauce, divided**
- **1 teaspoon oyster sauce**
- **2 tablespoons mayonnaise**
- **1 teaspoon water**
- **4 large eggs, lightly beaten**
- **4 cups shredded green cabbage**
- **1¼ cups thinly sliced scallions, divided**
- **¾ teaspoon ground pepper**
- **⅓ cup all-purpose flour**
- **Sriracha for serving**

**1.** Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat. Add pork and cook, breaking up with a wooden spoon, until browned and cooked through, 6 to 8 minutes.

**2.** Meanwhile, whisk ketchup, 1 tablespoon soy sauce and oyster sauce in a small bowl. Stir together mayonnaise and water in another small bowl. Set the sauces aside.

**3.** Transfer the pork to a large bowl. Let cool for 5 minutes. Add eggs, cabbage, 1 cup scallions, pepper and the remaining 1 tablespoon soy sauce; stir until well combined. Add flour and stir until combined.

**4.** Heat the remaining 2 tablespoons oil in the pan over medium heat. Add the cabbage mixture and press evenly in the pan. Cook, undisturbed, until well browned on one side, about 5 minutes. Remove from heat. Place the bottom of a baking sheet on top of the pan. Wearing oven mitts, grasp the pan and baking sheet together and carefully invert the pancake onto the baking sheet. Slide the pancake back into the pan. Cook until browned on the bottom, about 5 minutes more.

**5.** Drizzle the pancake with the sauces and Sriracha, if desired, and sprinkle with the remaining ¼ cup scallions.

**SERVES 4:** 1 slice each

**Cal** 539 **Fat** 37g (sat 10g) **Chol** 265mg **Carbs** 19g **Total sugars** 6g (added 2g) **Protein** 31g **Fiber** 3g **Sodium** 638mg **Potassium** 530mg.

RECIPE BY ADAM DOLGE

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COLD SHRIMP RAMEN SALAD

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**PREPPERS' DELIGHT**

We designed this recipe to be perfect for meal prep because it keeps well in the fridge. Want more help with what to eat each week? Hover your phone's camera over this code to sign up for "ThePrep" newsletter.

## Chili-Rubbed Chicken with Coconut Rice & Mango Salsa

**ACTIVE:** 20 min **TOTAL:** 55 min

**TO MAKE AHEAD:** Refrigerate for up to 4 days.

*The classic green- and red-skinned Tommy Atkins mango is available year-round, but in the U.S., spring and summer is peak season for most other varieties. For a sweet mango with no fibers, try a golden Champagne (aka Ataulfo or Honey), which are at their best right now.*

- **1 14-ounce can light coconut milk**
- **⅔ cup short-grain brown rice**
- **¾ teaspoon salt, divided**
- **2 tablespoons extra-virgin olive oil, divided**
- **1 teaspoon chili powder**
- **1 clove garlic, grated**
- **1 pound boneless, skinless chicken breast**
- **1 large mango, diced**
- **1 medium red bell pepper, diced**
- **½ medium red onion, diced**
- **¼ cup chopped fresh cilantro**
- **3 tablespoons lime juice**

**1.** Preheat oven to 400°F.

**2.** Combine coconut milk, rice and ¼ teaspoon salt in a medium saucepan. Bring to a boil over medium-high heat. Reduce heat to maintain a simmer, cover and cook until the rice is tender and the liquid is absorbed, about 45 minutes.

**3.** Meanwhile, combine 1 tablespoon oil, chili powder, garlic and ¼ teaspoon salt in a small bowl. Place chicken on a rimmed baking sheet and rub with the spice mixture. Bake, flipping once, until an instant-read thermometer inserted in the thickest part registers 165°F, about 20 minutes. Let rest for 15 minutes, then slice or chop.

**4.** Combine mango, bell pepper, onion, cilantro, lime juice and the remaining 1 tablespoon oil and ¼ teaspoon salt in a medium bowl. Serve the chicken and salsa with the rice.

**SERVES 4:** 2 cups each

**Cal** 478 **Fat** 18g (sat 7g) **Chol** 63mg **Carbs** 50g **Total sugars** 14g (added 0g) **Protein** 29g **Fiber** 5g **Sodium** 546mg **Potassium** 654mg.

RECIPE BY JEVON O'BRIEN

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# Grilled Tandoori Tofu with Red Peppers & Broccolini

**ACTIVE:** 30 min **TOTAL:** 30 min

*Spiced yogurt does two jobs here as both the marinade and the sauce.*

- **2 tablespoons extra-virgin olive oil**
- **2 teaspoons chili powder**
- **1 teaspoon garam masala**
- **½ teaspoon ground turmeric**
- **1 clove garlic, grated**
- **1 teaspoon grated peeled fresh ginger**
- **¾ cup whole-milk plain yogurt**
- **½ teaspoon salt, divided**
- **½ teaspoon ground pepper**
- **2 tablespoons lime juice, plus lime wedges for garnish**
- **1 bunch broccolini, trimmed**
- **1 medium red bell pepper, thickly sliced**
- **1 14- to 16-ounce package water-packed extra-firm tofu, cut into 4 slices and patted dry**
- **Fresh cilantro for garnish**

**1.** Preheat grill to medium-high.

**2.** Heat oil in a small skillet over medium heat. Add chili powder, garam masala, turmeric, garlic and ginger; cook, stirring frequently, until fragrant, about 1 minute. Transfer to a medium bowl and stir in yogurt, ¼ teaspoon salt and pepper. Transfer ¼ cup to a small bowl and stir in lime juice and the remaining ¼ teaspoon salt. Set aside.

**3.** Add broccolini and bell pepper to the medium bowl and toss to coat. Transfer to a plate. Add tofu to the medium bowl and gently toss to coat.

**4.** Oil the grill rack. Grill the tofu, broccolini and bell pepper, flipping once halfway through, until slightly charred, 6 to 10 minutes. Drizzle with the reserved sauce and serve with cilantro and lime wedges, if desired.

**SERVES 4:** 2 cups each

**Cal** 224 **Fat** 14g (sat 3g) **Chol** 6mg **Carbs** 12g **Total sugars** 5g (added 0g) **Protein** 14g **Fiber** 3g **Sodium** 369mg **Potassium** 319mg.

**SUPERCHARGE YOUR SPICES**

Many herbs and spices, like the chili powder, garam masala and turmeric used here, have fat-soluble flavor compounds, so heating them in oil first helps them release the most flavor.

RECIPE BY ADAM DOLGE

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## Sweet & Peppery Flank Steak with Shishitos

**ACTIVE:** 20 min **TOTAL:** 30 min

*This recipe comes together easily on a baking sheet, but if you're itching to take it outside, fire up the grill instead. Just be sure to use a grill basket for the peppers so you don't end up chasing them around the grates, or worse, losing them to the fire.*

- 1 tablespoon light brown sugar
- 2 teaspoons ground pepper
- ¾ teaspoon kosher salt plus a pinch, divided
- 1 pound flank steak, trimmed
- 1 pound shishito or mini bell peppers
- 1 tablespoon sesame oil plus 1 teaspoon, divided
- 1 teaspoon rice vinegar
- 1 scallion, minced

**1.** Position rack in upper third of oven; preheat broiler to high. Line a rimmed baking sheet with foil.

**2.** Combine brown sugar, pepper and ¾ teaspoon salt in a small bowl. Pat steak dry, then rub the brown sugar mixture on both sides. Place on the prepared pan.

**3.** Toss peppers with 1 tablespoon oil in a large bowl. Scatter the peppers around the steak.

**4.** Broil, flipping the steak and stirring the peppers once halfway through, until an instant-read thermometer inserted in the thickest part of the steak registers 145°F for medium rare and the peppers are tender, 10 to 15 minutes.

**5.** Meanwhile, whisk vinegar, scallion and the remaining 1 teaspoon oil and pinch of salt in the large bowl.

**6.** Transfer the steak to a clean cutting board and let rest for 5 minutes. Add the peppers and any accumulated juices from the steak back to the bowl and toss to coat. Slice the steak against the grain and serve with the peppers.

**SERVES 4:** 3 oz. steak & 1 cup peppers each
**Cal** 263 **Fat** 13g (sat 4g) **Chol** 68mg **Carbs** 11g **Total sugars** 8g (added 3g) **Protein** 25g **Fiber** 3g **Sodium** 441mg **Potassium** 545mg

RECIPE BY BRENNA KILLEEN

**WINE PAIRING**
The 2015 Casarena Areyna Malbec, Luján de Cuyo, Mendoza, Argentina ($15), delivers just the right amount of acidity and fruitiness to balance both the steak and the peppers.

# Scallops & Burst Cherry Tomatoes with Caper-Butter Sauce

**ACTIVE:** 20 min **TOTAL:** 20 min

*You'll want some whole-wheat angel hair pasta or polenta to sop up all the rich, briny sauce.*

- **1 pound dry sea scallops, tough side muscle removed**
- **1 tablespoon extra-virgin olive oil**
- **1 pint cherry tomatoes**
- **½ cup dry white wine**
- **2 tablespoons capers, rinsed**
- **3 tablespoons unsalted butter**
- **¼ teaspoon ground pepper**
- **Chopped fresh parsley for garnish**

**1.** Pat scallops dry. Heat oil in a large cast-iron skillet over medium-high heat. Add the scallops and cook, flipping once, until browned on both sides, about 5 minutes total. Transfer to a plate and tent with foil to keep warm.

**2.** Add tomatoes to the pan and cook, stirring once, until browned on one side and starting to burst, 2 to 3 minutes. Add wine and capers; cook, stirring and scraping up any browned bits, until the wine is reduced by half, about 1 minute. Remove from heat and stir in butter and pepper. Serve the sauce over the scallops, garnished with parsley, if desired.

**SERVES 4:** generous 1 cup each

**Cal** 224 **Fat** 13g (sat 6g) **Chol** 50mg **Carbs** 7g **Total sugars** 2g (added 0g) **Protein** 14g **Fiber** 1g **Sodium** 495mg **Potassium** 412mg.

For more seriously impressive scallop recipes ready in 30 minutes or less, hover your phone's camera over this smart code.

RECIPE BY BREANA KILLEEN

# CUE A BETTER MOOD

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**PASTA PERFECT**

We love orzo for its rice-like shape and texture, plus it cooks in a fraction of the time it takes to make brown rice. And a whole-wheat variety will give you 3x as much fiber as that rice would.

# Lemon-Dill Shrimp & Orzo Salad

**ACTIVE:** 20 min **TOTAL:** 20 min

**TO MAKE AHEAD:** Refrigerate for up to 1 day. *Consider making a double batch of this pasta salad—it's delicious the next day. The orzo will absorb the dressing as it sits, so add a little more olive oil and lemon juice if you'd like.*

- **8 ounces whole-wheat orzo**
- **1 pound peeled and deveined raw shrimp (21-25 per pound), cut into bite-size pieces**
- **4 cups sugar snap peas, cut into bite-size pieces**
- **¼ cup extra-virgin olive oil**
- **Zest & juice of 1 lemon**
- **¼ cup finely chopped dill, plus more for garnish**
- **1 tablespoon minced shallot**
- **2 teaspoons Dijon mustard**
- **½ teaspoon salt**
- **½ teaspoon ground pepper**

**1.** Bring a large saucepan of water to a boil over high heat. Add orzo and cook for 7 minutes. Add shrimp and peas and cook until the peas are tender and the shrimp are cooked through, 2 to 3 minutes more. Drain.

**2.** Meanwhile, whisk oil, lemon zest and juice, dill, shallot, mustard, salt and pepper in a large bowl.

**3.** Add the orzo, shrimp and peas to the bowl and toss to combine. Serve warm or at room temperature and garnished with more dill, if desired.

**SERVES 4:** 1¼ cups each

**Cal** 467 **Fat** 16g (sat 2g) **Chol** 183mg **Carbs** 50g **Total sugars** 5g (added 0g) **Protein** 33g **Fiber** 8g **Sodium** 490mg **Potassium** 586mg.

ILLUSTRATION BY EMMA D BEEN
RECIPE BY ADAM DOLGE

# Chicken with Coconut-Curry Pan Sauce

**ACTIVE:** 20 min **TOTAL:** 20 min

*Coconut milk's creamy consistency is perfect for making quick pan sauces—no need to add a thickener.*

- **2 tablespoons grapeseed oil, divided**
- **1 pound chicken cutlets**
- **1 14-ounce can light coconut milk**
- **1 tablespoon brown sugar**
- **1 tablespoon red Thai curry paste**
- **1 tablespoon lime juice**
- **2 cups cooked quinoa**
- **Chopped fresh cilantro for garnish**

**1.** Heat 1 tablespoon oil in a large skillet over medium-high heat. Add chicken, in batches if necessary, and cook, flipping once, until browned and cooked through, 1 to 3 minutes per side. Transfer to a plate.

**2.** Remove pan from heat. Whisk the remaining 1 tablespoon oil, coconut milk, brown sugar, curry paste and lime juice in the pan. Cook over high heat, stirring occasionally, until reduced by half, 5 to 10 minutes. Serve the chicken with quinoa and the sauce, garnished with cilantro, if desired.

**SERVES 4:** 3 oz. chicken, ½ cup quinoa & 3 Tbsp. sauce each

**Cal** 387 **Fat** 17g (sat 6g) **Chol** 65mg **Carbs** 27g **Total sugars** 4g (added 3g) **Protein** 32g **Fiber** 3g **Sodium** 195mg **Potassium** 168mg.

**KICK IT UP A NOTCH**

Red Thai curry paste's aromatic blend of lemongrass, ginger and chile peppers is in the middle of the road heat-wise—try green curry paste for more heat or yellow for less.

ILLUSTRATION BY EMMA DIBBEN, RECIPE BY CAROLYN MALCOLM

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PICKY EATERS EDITION

## Grilled Broccoli Wedges with Herb Vinaigrette

**ACTIVE:** 10 min **TOTAL:** 30 min

*Lightly charring the broccoli then finishing over indirect heat allows the stems to get tender without becoming too burnt.*

- **2 small broccoli stalks, trimmed and quartered**
- **4 tablespoons extra-virgin olive oil, divided**
- **½ teaspoon salt, divided**
- **2 tablespoons red-wine vinegar**
- **2 tablespoons chopped fresh basil**
- **2 tablespoons chopped fresh chives**
- **½ teaspoon Dijon mustard**
- **¼ teaspoon ground pepper**

**1.** Preheat one side of the grill to medium-high; leave the other half unheated.
**2.** Toss broccoli in a large bowl with 2 tablespoons oil and ¼ teaspoon salt. Grill the broccoli, cut-side down, over the heat, turning once halfway through, until lightly charred, 10 to 15 minutes total. Move to the unheated side, close the lid and cook until the stalks are tender, 10 to 15 minutes more.
**3.** Meanwhile, whisk vinegar, basil, chives, mustard and pepper with the remaining 2 tablespoons oil and ¼ teaspoon salt in the bowl.
**4.** Toss the broccoli with the vinaigrette to coat.

**SERVES 4:** 1 cup each
**Cal** 100 **Fat** 9g (sat 1g) **Chol** 0mg **Carbs** 4g **Total sugars** 1g (added 0g) **Protein** 3g **Fiber** 2g **Sodium** 202mg **Potassium** 283mg.

## Esquites (Mexican Corn)

**ACTIVE:** 20 min **TOTAL:** 20 min

*This street corn is served in cups instead of on the cob for all the flavor of elote without the mess.*

- **4 large ears corn, husked**
- **2 tablespoons mayonnaise**
- **2 tablespoons sour cream**
- **1 scallion, sliced**
- **¾ cup crumbled cotija cheese *or* queso fresco, plus more for garnish**
- **¼ teaspoon lime zest**
- **1 tablespoon lime juice**
- **¼ teaspoon salt**
- **Pinch of chipotle chile powder**

**1.** Preheat grill to medium-high.
**2.** Grill corn, turning occasionally, until lightly charred and tender, 8 to 12 minutes total.
**3.** Meanwhile, whisk mayonnaise, sour cream, scallion, cheese, lime zest, lime juice, salt and chile powder in a medium bowl.
**4.** Cut the kernels from the cobs. Add to the bowl and toss to combine.

**SERVES 6:** ½ cup each
**Cal** 154 **Fat** 10g (sat 4g) **Chol** 19mg **Carbs** 14g **Total sugars** 5g (added 0g) **Protein** 5g **Fiber** 1g **Sodium** 348mg **Potassium** 219mg.

REC PES BY BREANA K LEEN

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**WINE PAIRING**
Serve these meaty mushrooms with the juicy 2018 Folly of the Beast Pinot Noir, Central Coast, California ($17).

## Ricotta-Stuffed Grilled Portobellos with Arugula Salad

**ACTIVE:** 30 min **TOTAL:** 30 min

*This meatless main gets a double hit of umami from mushrooms and sun-dried tomatoes. Grill some crusty bread, then rub it with garlic and drizzle it with olive oil to serve alongside.*

- **4 large portobello mushroom caps (about 1 pound total), gills removed if desired**
- **3 tablespoons extra-virgin olive oil, divided**
- **½ teaspoon salt plus a pinch, divided**
- **½ teaspoon ground pepper plus a pinch, divided**
- **1 cup part-skim ricotta cheese**
- **¼ cup chopped fresh basil, plus more for garnish**
- **¼ cup grated Parmesan cheese**
- **3 cups baby arugula**
- **½ cup slivered sun-dried tomatoes**
- **2 tablespoons lemon juice**

**1.** Preheat grill to medium-high.
**2.** Brush mushrooms with 1 tablespoon oil and sprinkle with ¼ teaspoon each salt and pepper. Grill, gill-side up, for 5 minutes. Flip and continue grilling until tender, 6 to 10 minutes more.
**3.** Meanwhile, mix ricotta, basil, Parmesan and ¼ teaspoon each salt and pepper in a small bowl.
**4.** Transfer the mushrooms to a plate and blot with paper towels to remove any liquid. Mound the ricotta filling in the caps. Grill until the filling is hot, 5 to 7 minutes.
**5.** Toss arugula and sun-dried tomatoes in a medium bowl with lemon juice and the remaining 2 tablespoons oil and pinch each of salt and pepper. Serve the salad with the mushrooms. Garnish with more basil, if desired.

**SERVES 4:** 1 stuffed mushroom & ½ cup salad each **Cal** 259 **Fat** 17g (sat 5g) **Chol** 24mg **Carbs** 15g **Total sugars** 7g (added 0g) **Protein** 12g **Fiber** 3g **Sodium** 509mg **Potassium** 572mg.

For more stuffed portobello recipes, hover your phone's camera over this smart code.

RECIPE BY CAROLYN MALCOLN

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*World Watch Institute **Reuters Oct 2019
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# Sauce Secrets

Learn how to make a deliciously creamy pan sauce using pasta water and a few handfuls of cheese. **By Joy Howard**

**TEACH YOUR KIDS**

**BOIL** As the pasta cooks, the outermost layer of each noodle breaks down, releasing starch granules into the water.

**THICKEN** Pasta water is the base for this sauce. The starch in it acts just as flour or cornstarch does to thicken the sauce—it binds the oil, butter and water, making it creamy enough to cling to the noodles.

**BLEND** Stirring the cheese into the sauce off the heat prevents it from overcooking and curdling, keeping it smooth.

## Cacio e Pepe with Peas

**ACTIVE:** 30 min **TOTAL:** 30 min

*The sauce for this pasta dish is just cheese and pepper (aka* cacio e pepe *in Italian). Lots of black pepper adds a touch of heat, priming picky palates for spicier food.*

- **8 ounces dried tagliatelle *or* pappardelle**
- **2 cups peas**
- **¾ cup grated pecorino cheese**
- **¼ cup grated Parmesan cheese**
- **2 tablespoons unsalted butter**
- **2 tablespoons extra-virgin olive oil**
- **2 teaspoons ground pepper, plus more for serving**
- **¼ teaspoon kosher salt**

**1.** Bring a large pot of water to a boil. Add pasta and peas and cook until the pasta is just tender, 3 to 4 minutes. Reserve 1½ cups cooking water and drain the pasta and peas.

**2.** KIDS DO Combine pecorino and Parmesan in a small bowl.

**3.** Heat butter and oil in a large skillet over medium heat. Add pepper and salt and cook for 1 minute. Carefully pour in ¾ cup of the cooking water and simmer until slightly thickened, about 2 minutes. Add the pasta and peas; remove from heat.

**4.** KIDS DO Slowly stir in ½ cup of the cheese mixture. Toss, adding more of the cooking water as needed, until well coated, about 2 minutes. Serve with the remaining ½ cup cheese and more pepper, if desired.

**SERVES 4:** 1½ cups each

**Cal** 454 **Fat** 19g (sat 7g) **Chol** 61mg **Carbs** 52g **Total sugars** 4g (added 0g) **Protein** 17g **Fiber** 5g **Sodium** 421mg **Potassium** 113mg.

INSET: BRENT S. & SON

Makes
broccoli less
broccoli-ey.

Kraft For the win win

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## Strawberry & Bean Sprout Salad with Spiced Potatoes

**ACTIVE:** 25 min **TOTAL:** 25 min
**EQUIPMENT:** Spice grinder or mortar and pestle

*This combo may seem wild, but trust us—it works. Chef Iyer developed it to have everything he thinks a perfect recipe should: a balance of heat, sweetness, a little pucker and a hit of salt combined with a tango of textures.*

- **3 dried small red chiles, such as chile de arbol, stemmed**
- **2 teaspoons coriander seeds**
- **1 teaspoon cumin seeds**
- **2 tablespoons canola oil**
- **2 medium yellow *or* russet potatoes, peeled and cut into 1-inch cubes**
- **¾ teaspoon kosher salt, divided**
- **1 7-ounce package mung bean sprouts**
- **1½ cups medium strawberries, quartered**
- **¼ cup finely chopped fresh cilantro**
- **2 tablespoons lime juice**
- **Butter lettuce for serving**

**1.** Heat a large skillet over medium-high heat. Add chiles, coriander seeds and cumin seeds. Toast, shaking the pan frequently, until the chiles blacken and the seeds turn reddish brown, 1 to 2 minutes. Transfer to a small bowl.
**2.** Add oil to the pan and heat over medium-high heat until shimmering. Add potatoes and ½ teaspoon salt; cook, stirring occasionally, until crispy and cooked through, 8 to 12 minutes. Transfer to a medium bowl.
**3.** Meanwhile, finely grind the chiles and spices in a clean spice grinder or with a mortar and pestle.
**4.** Add the ground spices to the potatoes along with sprouts, strawberries, cilantro, lime juice and the remaining ¼ teaspoon salt. Scoop the salad onto lettuce leaves and serve at room temperature.

**SERVES 4:** 1¼ cups each
**Cal** 167 **Fat** 8g (sat 1g) **Chol** 0mg **Carbs** 23g **Total sugars** 5g (added 0g) **Protein** 4g **Fiber** 4g **Sodium** 367mg **Potassium** 646mg.

### Chef Raghavan Iyer

Indian-American cookbook author Iyer is a master with spices. The James Beard Award winner uses seasonings like the toasted chiles, coriander and cumin ground together here to layer on flavors in his recipes.

INSET: PENNY DE LOS SANTOS

# Flavor Packers

Add a little color to everything you eat with this trio of bright sauces.

## Greek Salad Tomato Salsa

**ACTIVE:** 10 min **TOTAL:** 10 min

*Here we have all the elements of Greek salad in salsa form. It's delicious with grilled fish or chicken or as a dip with pita chips.*

Combine 1 cup each chopped **cherry tomatoes** and finely chopped **English cucumber,** ½ cup finely chopped **red onion,** ¼ cup finely crumbled **feta cheese,** 6 finely chopped pitted **Kalamata olives,** 2 Tbsp. **extra-virgin olive oil,** 1½ Tbsp. **red-wine vinegar,** ½ tsp. chopped **oregano** and ⅛ tsp. each **crushed red pepper** and **kosher salt** in a medium bowl. Serve immediately.

**SERVES 8:** ¼ cup each • **Cal** 107

## Pepita & Cilantro Pesto

**ACTIVE:** 5 min **TOTAL:** 5 min

*Cilantro and pepitas make an interesting alternative to basil and pine nuts in a simple pesto. Stir this into a grain bowl or serve with chicken or fish.*

Combine 2½ cups packed **cilantro leaves,** ¾ cup packed **parsley leaves,** ⅓ cup shredded **Manchego cheese** (about 1½ ounces), 2 Tbsp. each **unsalted roasted pepitas** and **lime juice,** ½ tsp. finely chopped **garlic** and ¼ tsp. **kosher salt** in a food processor. Pulse until very finely chopped. With the motor running, slowly stream in 5 Tbsp. **canola oil;** process until smooth, about 20 seconds. Scrape down the sides if necessary and process once more until smooth.

**SERVES 8:** 2 Tbsp. each • **Cal** 103

***Find full nutrition analyses for these recipes on eatingwell.com.***

## Red Curry Peanut Sauce

**ACTIVE:** 10 min **TOTAL:** 10 min

**TO MAKE AHEAD:** Refrigerate for up to 2 days.

*This nutty twist on traditional peanut sauce is a great way to liven up grilled chicken, fish, rice noodles and vegetables.*

Heat 1 tsp. **canola oil** in a small nonstick skillet over medium heat. Add 2 tsp. **red curry paste** and 1 tsp. each chopped **fresh ginger** and chopped **garlic.** Cook, stirring constantly, until fragrant, about 2 minutes. Combine ¼ cup **unsalted chicken *or* vegetable broth,** 3 Tbsp. **smooth natural peanut butter,** 1½ Tbsp. **rice vinegar** and 2 tsp. **reduced-sodium tamari** in a food processor or mini food processor. Add the curry mixture and process until smooth, about 20 seconds.

**SERVES 4:** 2 Tbsp. each • **Cal** 96

JACOB FOX, STYLING GREG LUNA (FOOD), SJE MITCHELL (PROPS), RECIPES BY IVY ODEM, ADAM DOLGE

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GOOD FOOD FAST

PHOTOGRAPHY BY TED & CHELSEA CAVANAUGH

# Feel the Freeze

If chocolate bark and frozen yogurt had a baby, this would be it. Top a creamy base with any delicious bits and bites you love, then freeze for a (momentarily) handheld treat. **By Devon O'Brien**

# Fro-Yo to Go

Stirring up a batch of yogurt bark is as simple as 1-2-3.

1 Stir 2 Tbsp. of liquid **sweetener** *(see below)* and a little **flavoring,** if desired, into 3 cups of **plain yogurt.** Any kind of yogurt will do, including dairy-free options (like coconut), but for the creamiest texture, use full-fat strained yogurt (like Greek or skyr). 2 Spread the yogurt on a large rimmed baking sheet lined with parchment paper or a silicone baking mat. **Swirl** or **sprinkle** toppings on as desired *(see our favorite combos above).* 3 Freeze until solid, at least 3 hours. Cut or break the bark into pieces and eat immediately or freeze, airtight, for up to 3 months.

**ADD-INS TO TRY SWEETENERS** Maple, honey, agave // **FLAVORINGS** Vanilla extract, almond extract, cocoa powder, fruit puree // **SWIRLS** Melted chocolate, nut butter, jam or jelly // **SPRINKLES** Fruit, granola, chocolate, nuts, citrus zest, cereal, coconut, cookie crumbs, candy

See how to make yogurt bark by hovering your phone's camera over this smart code.

FOOD STYLING: NORA S NGLEY

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# AS I AM WITH PEANUT BUTTER CUPS

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# Wake-Up Cups

*In need of an instant breakfast that isn't your same-old packet of brown sugar oatmeal? We've got you. These morning eats are ready in a snap. Amp up the flavor even further with a few extra add-ons, like we've done here.* ***By Sara Haas,*** *R.D.N., L.D.N.*

**Top it off!** Crumbled feta, fresh chives & crushed red pepper

**Top it off!** Fresh strawberries

**Top it off!** Banana slices, almonds, maple syrup & cinnamon

**Top it off!** Fresh berries & cinnamon

**Top it off!** Chia seeds

**1 Ore-Ida Just Crack an Egg** These refrigerated cups come filled with potatoes, meat, veggies and cheese. All you have to do is add an egg and zap it in the microwave for an instant scramble.

**2 Good Culture Cottage Cheese & Fruit Cups** Packed with 17 grams of satisfying protein, this cottage cheese gets a touch of natural sweetness from chunks of fruit.

**3 Kodiak Cakes Flapjack Cups** Whole-grain pancakes in a flash. With 8 flavors (including a GF option), this microwaveable mug-cake-style breakfast satisfies with most of the varieties providing 10-plus grams of protein per serving.

**4 Purely Elizabeth Cauli Hot Cereal** A veggie breakfast that isn't savory for a change? Yes! This grain-free instant "oatmeal," available in Cinnamon Almond and Strawberry Hazelnut, is made with freeze-dried cauliflower.

**5 Bob's Red Mill Muesli Cups** Packed with whole grains, dried fruits, nuts and seeds, this cold breakfast cereal has less than 3 grams of added sugar per serving. Enjoy it with a little milk or yogurt mixed in.

**6 Dole Açaí Bowls** Keep mornings simple (no hauling out the blender) with these frozen smoothie bowls. Plus they're loaded with both fresh and crunchy toppings, like berries, coconut and granola.

STYLING: NORA SINGLEY (FOOD); AJA MALIA COON (PROPS)

# Breakfast is hot again and wants a fresh start.

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For Mother's Day, chef Marcus Samuelsson cooks what his wife and son love the most, a simple pasta with tomatoes

# Made for Maya

When chef Marcus Samuelsson talks about the projects he's working on, he vibrates with energy. In an hour he's headed to his Harlem restaurant, Red Rooster, to tape an interview with CNN. Next week he's cooking for Bob Marley's kids. The new season of his PBS show, *No Passport Required*, is about to be released. And he's planning the 6th annual Harlem EatUp! fest in May. But if you interrupt to ask about his thoughts on family and moms, Samuelsson's smile softens and he slows down as if to say this deserves more attention.

"I'm amazed when I think about everything Maya does for me and Zion," says Samuelsson about his wife of 11 years and their 3½-year-old son. The family lives just six blocks from Red Rooster. Convenient, yes, but with 10 other restaurants and countless demands on his time, grounding the family largely falls to Maya. "Neither the Samuelssons here in New York nor the Samuelssons in Sweden would survive without Mom at the center," he says, referring to both Maya and his adoptive mom, Ann Marie. He was separated from his family during the Ethiopian civil war in the 1970s and adopted by a Swedish family. When it comes to Mother's Day, he reflects, "I think about my Swedish mother a lot."

For the holiday this year, Samuelsson's making spaghetti with fresh tomatoes and herbs. His tactic to intensify the early-season produce: add canned crushed tomatoes. Pasta may be unconventional for Mother's Day, but Maya and Zion say it's their favorite. For today, that's what matters.

By **JIM ROMANOFF** Photography by **JOHN KERNICK**

## Spicy Tomato & Arugula Angel Hair Pasta

**ACTIVE:** 30 min **TOTAL:** 1 hr

*The simplicity of this recipe is what makes it good family fare. For a touch of heat, mild Anaheim chiles are augmented with crushed red pepper and garlic.*

- **3 medium red tomatoes, diced**
- **2 medium yellow tomatoes, diced**
- **1 teaspoon kosher salt**
- **1 pound whole-wheat angel hair pasta *or* spaghettini**
- **3 tablespoons extra-virgin olive oil**
- **3 medium shallots, chopped**
- **3 cloves garlic, chopped**
- **1 14-ounce can crushed tomatoes**
- **2 Anaheim chiles, seeds and ribs removed, chopped**
- **¼ cup chopped arugula**
- **2 teaspoons chopped fresh oregano**
- **1 teaspoon crushed red pepper**
- **½ teaspoon ground pepper**
- **Grated Parmesan cheese for serving**

**1.** Combine red and yellow tomatoes with salt in a large bowl. Let stand, stirring occasionally, until the tomatoes soften and release their juices, about 40 minutes.

**2.** Bring a large pot of water to a boil over high heat. Add pasta and cook according to package directions. Drain and rinse with cold water.

**3.** Dry the pot and add oil; heat over medium heat. Add shallots and garlic; cook, stirring occasionally, until the shallots soften, 3 to 4 minutes. Add crushed tomatoes and their juice; bring to a simmer. Cook for 5 minutes. Add the pasta, the fresh tomatoes, chiles, arugula, oregano, crushed red pepper and ground pepper. Cook, stirring, until hot, about 2 minutes. Serve topped with Parmesan, if desired.

**SERVES 8:** 1½ cups each

**Cal** 305 **Fat** 7g (sat 1g) **Chol** 0mg **Carbs** 53g **Total sugars** 6g (added 0g) **Protein** 9g **Fiber** 7g **Sodium** 361mg **Potassium** 658mg.

## *Behind the Scenes*

To see more pics and video of Marcus and Maya, hover your phone's camera over this smart code. Plus find out about the nonprofit projects they're involved with: CCAP, a program that gets underserved kids on the track to culinary careers, and Three Goats, which Maya founded to improve the lives of Ethiopian women, children and families.

STYLING: NORA S NGLEY (FOOD); SUMMER MOORE/HONEY ARTISTS (PROPS). MAR E JOSÉE LEDUC/HONEY ARTISTS (MAKEUP). ON Z ON HEDLEY & BENNETT CANARY KIDS APRON, DUTCH OVEN, GREAT JONES COOKWARE, "THE DUCHESS"

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ALMOND CAKE WITH
PINEAPPLE-RUM FILLING, P,77

# SAY IT WITH CAKE

No matter who you're aiming to fête—whether they're gluten-free, dairy-free or vegan—we've got you covered with one of these treats. BY **KRISTEN HARTKE**

You may have dog-eared photos of your mom presenting you with a homemade birthday cake, glittering with candles, while you look on, delighted by the sight of this towering treat. I do not. My mom was a truly fantastic cook, but she was also a single mother with a career. When my birthday rolled around, I was perfectly happy to pick out a Pepperidge Farm layer cake from the freezer section at the grocery store.

But when I was 7 years old, I decided that I wanted to bake my mom a cake for her birthday. It was more substantial than drawing a picture at school or clumsily crocheting a potholder. I wanted to show her how important she was to me and, in my mind, cakes were meant for the most special people, on the most special days.

It was the 1970s in New Haven, Connecticut, and I was a true latchkey kid, wearing our apartment key attached to a long piece of blue yarn tucked under my shirt every day. One night when my mom was too tired to cook, she sent me across the street to the drugstore lunch counter to pick up hamburgers for dinner. And it was there that I noticed boxes of devil's-food cake mix and cans of frosting. Voilà—for less than a dollar, I could make my mom a "real" birthday cake. I don't remember if that cake was any good—I do remember that it was *seriously* lopsided—but she devoured it.

That moment sparked my love for baking and for making cakes in particular. Cakes are a canvas, a way for me to honor someone through flavors or decorations. For me, baking a cake is truly an act of love.

**KRISTEN HARTKE** *is a food writer and recipe developer based in Washington, D.C. Follow her cooking adventures on Instagram @kristenhartke.*

PHOTOS BY JOHNNY AUTRY STYLING BY CHARLOTTE AUTRY & SYDNEY TAYLOR

## Lemon Angel Food Cake with Strawberries & Coconut Cream

**ACTIVE:** 50 min **TOTAL:** 3 hrs
**EQUIPMENT:** 10-inch tube pan

*Be sure that your tube pan is free from any grease or flour—the batter needs to be able to climb the sides of the pan as it bakes to hold its structure.*

CAKE

- **12 large egg whites *or* 1½ cups liquid egg whites, at room temperature**
- **1 teaspoon lemon *or* vanilla extract**
- **½ teaspoon salt**
- **½ teaspoon cream of tartar**
- **1½ cups granulated sugar, divided**
- **1 cup cake flour**
- **2 teaspoons grated lemon zest**

TOPPING

- **1 15-ounce can unsweetened coconut cream, chilled for at least 24 hours**
- **1 tablespoon confectioners' sugar**
- **2 cups sliced strawberries**
- **Candied lemon peel for garnish**

**1.** Preheat oven to 325°F.
**2. To prepare cake:** Combine egg whites, lemon (or vanilla) extract and salt in a stand mixer fitted with a whisk attachment. Beat on medium speed until frothy, about 1 minute. Sprinkle in cream of tartar and continue beating on medium-high, scraping the sides of the bowl as needed, until stiff, glossy peaks start to form, 2 to 3 minutes. Add ¾ cup sugar, ¼ cup at a time, then increase speed to high and beat until very glossy, about 4 minutes more.
**3.** Whisk the remaining ¾ cup sugar, flour and lemon zest in a medium bowl. Gently fold the flour mixture into the egg whites with a flexible spatula until combined. Carefully spoon the batter into an ungreased 10-inch tube pan, smoothing the top.
**4.** Bake the cake until golden brown and the top just springs back when touched, about 50 minutes.
**5.** Invert the cake onto a wire rack (if it has risen above the top of the pan, you may want to invert over a bottle through the hole in the pan so the top of the cake doesn't stick to the rack) and let cool completely, about 1½ hours.
**6. To prepare topping:** Spoon the solid chunks of cold coconut cream into the bowl of a stand mixer fitted with the whisk attachment (reserve any of the clear coconut water that remains in the can for another use). Add confectioners' sugar and beat on high speed, scraping down the sides as needed, until it is the consistency of buttercream. (You can add a couple of spoonfuls of the coconut water if it seems too thick.)
**7. To assemble cake:** Use a knife to loosen the cake around the edges. Invert onto a serving plate and remove the pan. Serve with the whipped coconut cream, strawberries and candied lemon peel, if desired.
**SERVES 12:** 1 piece with 2 Tbsp. strawberries & 2 Tbsp. coconut cream each
**Cal** 294 **Fat** 6g (sat 6g) **Chol** 0mg **Carbs** 56g **Total sugars** 46g (added 26g) **Protein** 5g **Fiber** 1g **Sodium** 165mg **Potassium** 166mg.

## Dark Chocolate Cake with Vegan Buttercream

**ACTIVE:** 1¼ hrs **TOTAL:** 2 hrs 50 min
**TO MAKE AHEAD:** Refrigerate frosted cake for up to 1 day. Serve at room temperature.
**EQUIPMENT:** Three 8-inch round cake pans, parchment paper, candy thermometer

*No one will guess that this moist, decadent devil's-food cake is vegan. Aquafaba, the liquid from canned chickpeas, is the secret to whipping up the gloriously light buttercream-like frosting.*

CAKE

- **3 tablespoons ground flaxseed *or* whole chia seeds**
- **9 tablespoons water plus ¾ cup, divided**
- **3 ounces vegan bittersweet chocolate, chopped**
- **1 teaspoon instant espresso powder**
- **1¼ cups packed light brown sugar**
- **½ cup extra-virgin olive oil**
- **1½ cups all-purpose flour**
- **1 cup white whole-wheat flour**
- **1 tablespoon unsweetened cocoa powder**
- **1½ teaspoons baking powder**
- **1½ teaspoons baking soda**
- **½ teaspoon ground cinnamon**
- **½ teaspoon salt**
- **1 cup unsweetened plant-based milk**
- **1 teaspoon vanilla extract**
- **1 teaspoon grated orange zest**

FROSTING

- **1¼ cups granulated sugar**
- **¼ cup water**
- **1 15-ounce can no-salt-added chickpeas**
- **1½ cups vegan butter, chilled**
- **1 teaspoon vanilla extract**

**1. To prepare cake:** Preheat oven to 375°F. Coat three 8-inch round cake pans with cooking spray. Line the bottoms with parchment paper and coat the paper with cooking spray.
**2.** Combine flaxseed (or chia seeds) with 9 tablespoons water in a small bowl; set aside.
**3.** Meanwhile, combine the remaining ¾ cup water, chocolate and espresso in a small saucepan. Heat over medium heat, stirring, until the chocolate is melted. Let cool for 5 minutes.

**4.** Combine brown sugar and oil in the bowl of a stand mixer fitted with a whisk attachment. Beat until combined. Add the flaxseed (or chia) mixture and beat until smooth, about 1 minute. Stir in the melted chocolate mixture. Switch to the paddle attachment.
**5.** Sift all-purpose flour, whole-wheat flour, cocoa, baking powder, baking soda, cinnamon and salt into a medium bowl. Mix milk, vanilla and orange zest in a small bowl. Add the flour mixture to the chocolate mixture, alternating with the milk mixture, and beat until well blended. Divide the batter evenly among the prepared pans. Tap them lightly on the counter to remove any air bubbles.
**6.** Bake until the cake is just coming away from the sides of the pans, 18 to 20 minutes. Let cool in the pans for 5 minutes before turning out onto a wire rack. Remove the parchment and let cool completely, about 45 minutes.
**7. To prepare frosting:** Combine granulated sugar and water in a small saucepan. Cook over medium-low heat, whisking, until the sugar has dissolved to form a simple syrup. Attach a candy thermometer to the pan with the tip in the liquid but not touching the bottom. Increase heat to medium and bring to a lively simmer. Cook until the syrup reaches 235°F.
**8.** Meanwhile, place ½ cup of the chickpea liquid (aquafaba) in a clean bowl of a stand mixer fitted with a whisk attachment. (Reserve the chickpeas for another use.) Beat on low speed.
**9.** When the syrup reaches 235°, increase the mixer speed to high and beat the aquafaba until very stiff peaks form, at the same time continuing to cook the syrup until it reaches 248°. Carefully pour the syrup slowly into the stiff aquafaba with the mixer on high speed and beat until the mixture is as thick as marshmallow fluff. Switch to the paddle attachment and beat on high speed until the outside of the bowl is cool to the touch, about 5 minutes. Add butter, a spoonful at a time, until it's completely incorporated. (If the mixture starts to look curdled, don't panic! It will come back together as it mixes.) Add vanilla and beat on medium-low speed, scraping the sides occasionally, until the frosting is thick and glossy.
**10. To assemble cake:** Place one cake layer on a serving plate. Using an offset spatula, spread 1 cup frosting on the first layer. Top with another layer and another 1 cup frosting. Top with the third layer and frost the top with 1 cup frosting. Frost the sides with the remaining 1 cup frosting.
**SERVES 20:** 1 piece each
**Cal** 348 **Fat** 20g (sat 13g) **Chol** 0mg **Carbs** 41g **Total sugars** 27g (added 27g) **Protein** 3g **Fiber** 2g **Sodium** 288mg **Potassium** 63mg.

## PB&B Frozen Yogurt Cake

**ACTIVE:** 1 hr **TOTAL:** 7 hrs (includes 5 hrs freezing time)
**TO MAKE AHEAD:** Store cake (Steps 1-4) airtight at room temperature for up to 2 days.
**EQUIPMENT:** 9-by-5-inch loaf pan, parchment paper

*This grown-up version of ice cream cake is a little sweet and a little salty. The cake gets its distinct flavor from freeze-dried banana slices—they can be pulverized into a powder (unlike regular dried bananas, which have a chewy texture).*

**CAKE**
- **½ cup freeze-dried banana slices**
- **1 cup all-purpose flour**
- **1 cup white whole-wheat flour**
- **1½ teaspoons baking powder**
- **½ teaspoon baking soda**
- **¾ teaspoon salt**
- **¾ cup water**
- **½ cup canola oil**
- **⅔ cup granulated sugar**
- **1½ tablespoons cider vinegar**
- **2 teaspoons vanilla extract**

**BANANA WHIP & FROZEN YOGURT**
- **3 large ripe bananas, cut into 2-inch pieces and frozen for at least 2 hours**
- **¼ teaspoon vanilla extract**
- **1 teaspoon honey plus 2 tablespoons, divided**
- **1 pint low-fat vanilla frozen yogurt**

**GANACHE**
- **5 ounces white chocolate, broken into pieces**
- **⅓ cup low-fat plain yogurt**
- **⅓ cup creamy natural peanut butter**
- **Chopped salted peanuts for garnish**

**1.** Preheat oven to 350°F. Coat a 9-by-5-inch loaf pan with cooking spray. Line the bottom with parchment paper and coat the paper with cooking spray.
**2. To prepare cake:** Process freeze-dried banana in a food processor until powdered. Sift all-purpose flour, whole-wheat flour, baking powder, baking soda and salt together into a medium bowl. Stir in the powdered banana.
**3.** Whisk water, oil, sugar, vinegar and 2 teaspoons vanilla in a medium bowl. Add the wet ingredients to the dry ingredients and stir gently to combine, being careful not to overmix. Spoon the batter evenly into the prepared pan and smooth the top.
**4.** Bake the cake until a toothpick inserted in the center comes out clean, about 45 minutes. Let cool in the pan for 10 minutes, then turn out onto a wire rack. Remove the parchment and let cool completely, about 1 hour.
**5. Meanwhile, to prepare banana whip:** Pulse frozen banana chunks in a food processor for a few minutes, scraping down the sides as

necessary, until reduced to small pieces. Add vanilla and 1 teaspoon honey; process until it's the consistency of soft-serve ice cream. Spoon the banana whip into a freezer-safe container and freeze for at least 2 hours.

**6. To assemble cake:** Let the banana whip and frozen yogurt soften at room temperature for 10 minutes.

**7.** Meanwhile, using a serrated knife, cut a ½-inch layer off the top of the cake. Cut the remaining cake in half horizontally into 2 equal pieces (about 1½ inches thick each). Line the loaf pan with parchment paper and place the bottom layer of cake into the pan.

**8.** Mash the frozen yogurt in a medium bowl with a fork. Swirl in the remaining 2 tablespoons honey. Spread the frozen yogurt mixture evenly onto the bottom layer of cake. Top with the middle layer of cake, then spread the softened banana whip evenly over that layer. Place the thin cake layer on the banana whip. Cover tightly with plastic wrap and freeze for at least 2 hours.

**9. Meanwhile, to prepare ganache:** Place white chocolate in the top of a double boiler over hot, not boiling, water. Whisk until completely smooth. Remove the top pan from the double boiler. Stir yogurt and peanut butter into the chocolate until smooth. Let cool completely, about 10 minutes.

**10.** To serve, spread the peanut butter ganache evenly over the top of the cake with an offset spatula. Sprinkle with peanuts, if desired. Cover and freeze until set, about 1 hour.

**SERVES 16:** 1 piece each

**Cal** 315 **Fat** 13g (sat 3g) **Chol** 13mg **Carbs** 43g **Total sugars** 26g (added 15g) **Protein** 6g **Fiber** 2g **Sodium** 235mg **Potassium** 168mg.

## Thin Mint Cake

**ACTIVE:** 30 min **TOTAL:** 1½ hrs

**TO MAKE AHEAD:** Refrigerate assembled cake for up to 2 days. Serve at room temperature.

**EQUIPMENT:** Parchment paper

*This cake is an homage to Andes Crème de Menthe Thins. It's rich and quite easy to whip up. Add a touch of food coloring to make the mint buttercream filling pale green if you'd like.*

CAKE

- **1 cup all-purpose flour**
- **½ cup white whole-wheat flour**
- **¾ cup granulated sugar**
- **¼ cup unsweetened cocoa powder**
- **1 teaspoon baking soda**
- **½ teaspoon salt**
- **1 cup water**
- **⅓ cup canola oil**
- **1 tablespoon cider vinegar**
- **½ teaspoon almond extract**
- **½ teaspoon vanilla extract**

FILLING

- **½ cup (1 stick) unsalted butter, at room temperature**
- **1½ cups confectioners' sugar, sifted**
- **¼ teaspoon mint extract**
- **¼ teaspoon vanilla extract**
- **¼ teaspoon salt**
- **1-2 drops green food coloring (optional)**
- **2 tablespoons half-and-half *or* coconut milk**

GLAZE

- **½ cup half-and-half *or* coconut milk**
- **1¼ cups semisweet chocolate chips**
- **Pinch of salt**

**1. To prepare cake:** Preheat oven to 350°F. Coat a 9-inch round cake pan with cooking spray. Line the bottom with parchment paper and coat the paper with cooking spray.

**2.** Whisk all-purpose flour, whole-wheat flour, granulated sugar, cocoa, baking soda and ½ teaspoon salt in a large bowl. Whisk water, oil, vinegar, almond extract and ½ teaspoon vanilla in a small bowl. Add the wet ingredients to the dry ingredients and stir until smooth. Pour the batter into the prepared pan. Tap it lightly on the counter to remove any air bubbles.

**3.** Bake until a toothpick inserted in the center comes out with just a couple of crumbs attached, 25 to 30 minutes. Let cool in the pan on a wire rack for 10 minutes, then turn out onto the rack. Remove the parchment and let cool completely, about 45 minutes.

**4. Meanwhile, to prepare filling:** Beat butter in the bowl of a stand mixer fitted with the whisk attachment on medium speed for 1 minute. Add confectioners' sugar, ½ cup at a time, until completely incorporated. Add mint extract and vanilla, then ¼ teaspoon salt and food coloring, if using. Add 2 tablespoons half-and-half (or coconut milk), and beat, scraping down the sides as necessary, until fluffy and light.

**5. To prepare glaze:** Microwave half-and-half (or coconut milk) in a microwave-safe bowl on High until hot, about 1 minute. Stir in chocolate chips until melted. Add salt and whisk until glossy. Let cool for 5 minutes.

**6. To assemble cake:** Using a serrated knife, cut the cooled cake in half horizontally. Place the bottom layer, cut-side up, on a serving plate. Spread with the filling and top with the other layer, cut-side down. Spread the glaze over the cake.

**SERVES 16:** 1 piece each

**Cal** 292 **Fat** 16g (sat 7g) **Chol** 19mg **Carbs** 39g **Total sugars** 28g (added 27g) **Protein** 2g **Fiber** 2g **Sodium** 206mg **Potassium** 97mg.

# Almond Cake with Pineapple-Rum Filling

**ACTIVE:** 1½ hrs **TOTAL:** 2¾ hrs
**TO MAKE AHEAD:** Refrigerate filling (Step 4) for up to 1 week.
**EQUIPMENT:** Two 8-inch round cake pans, parchment paper

*This cake is a spin on* bizcocho mojadito, *which is often served at celebrations in Puerto Rico and the Dominican Republic. We made it gluten-free using a cup-for-cup blend with xanthan gum, such as King Arthur Gluten-Free Measure for Measure Flour. If gluten-free isn't your priority, you can substitute 1 cup all-purpose flour and ¾ cup white whole-wheat flour for the GF flour.*

**CAKE**

- **1 cup low-fat plain yogurt**
- **½ cup canola oil**
- **½ cup granulated sugar**
- **½ teaspoon almond extract**
- **½ teaspoon vanilla extract**
- **⅔ cup almond flour**
- **2 cups gluten-free flour blend**
- **1 teaspoon baking soda**
- **½ teaspoon baking powder**
- **½ teaspoon salt**
- **¼ cup low-fat milk**
- **2 tablespoons brandy *or* apple juice for brushing, divided**

**FILLING**

- **5 cups chopped fresh pineapple**
- **⅓ cup rum *or* orange juice**
- **2 teaspoons grated lemon zest**
- **2 tablespoons lemon juice**
- **1 tablespoon chia seeds**
- **1 tablespoon light agave syrup**
- **Pinch of salt**

**FROSTING**

- **¼ cup (½ stick) unsalted butter, at room temperature, cut into pieces**
- **¼ cup vegetable shortening**
- **1 cup confectioners' sugar, sifted**
- **1 teaspoon amaretto liqueur *or* ¼ teaspoon almond extract**
- **¼ teaspoon vanilla extract**
- **Pinch of salt**
- **½ cup sliced almonds, lightly toasted**

**1. To prepare cake:** Preheat oven to 325°F. Coat two 8-inch round cake pans with cooking spray. Line the bottoms with parchment paper and coat the paper with cooking spray.
**2.** Whisk yogurt, oil, granulated sugar, almond extract and ½ teaspoon vanilla in a large bowl. Whisk in almond flour until well combined. Sift gluten-free flour, baking soda, baking powder and ½ teaspoon salt into a medium bowl. Alternately fold the flour mixture and milk into the yogurt mixture, making 3 additions of the flour mixture and 2 additions of milk, until combined. Scrape the batter into the prepared pans, spreading evenly.
**3.** Bake until a toothpick inserted in the center comes out clean, about 30 minutes. Let cool in the pans for 15 minutes, then turn out onto a wire rack. Remove the parchment and let cool completely, about 45 minutes more.
**4. Meanwhile, to prepare filling:** Combine pineapple and rum (or orange juice) in a medium saucepan. Bring to a boil over medium-high heat. Reduce heat to maintain a lively simmer and add lemon zest and lemon juice; cook, stirring occasionally, until the pineapple begins to soften and the liquid is reduced by at least one-third, 5 to 10 minutes. Crush the pineapple with a potato masher. Add chia seeds, reduce heat to low and continue cooking until the mixture thickens slightly, about 10 minutes. Remove from heat. Stir in agave and salt. Let cool for 1 hour.
**5. To prepare frosting:** Combine butter and shortening in the bowl of a stand mixer fitted with the whisk attachment. Beat on medium-high speed until fluffy, about 5 minutes. Add confectioners' sugar, amaretto (or almond extract), vanilla and salt, beating on low speed and scraping down the sides as necessary, until smooth. Increase speed to high and beat until light and fluffy, about 2 minutes.
**6. To assemble cake:** Using a toothpick, poke several holes into the top of each cake layer. Place one layer on a serving plate, brush with 1 tablespoon brandy (or apple juice), then spread the pineapple filling evenly on top. Top with the second layer and brush it with the remaining 1 tablespoon brandy (or apple juice). Allow the liquid to soak into the cake for about 10 minutes. Smooth the frosting over the top layer and sprinkle with almonds.
**SERVES 16:** 1 piece each
**Cal** 333 **Fat** 17g (sat 4g) **Chol** 9mg **Carbs** 38g **Total sugars** 21g (added 15g) **Protein** 4g **Fiber** 4g **Sodium** 200mg **Potassium** 214mg.

# SOME LIKE IT HOT

The spicy food of the Sichuan province of China ignites deep passions. This mother and daughter are living proof.

BY LOUISA SHAFIA

When 11-year-old Fongchong Havighurst first arrived in Nashville from China, she had little use for Craig Havighurst and Taylor Holliday, the couple who had adopted her.

She had gone directly from the rural foster family who gave her safe haven—if little affection—for five years, to the urban home of two English-speaking strangers. She was traumatized. "I was too young to understand the idea of adoption or going to live somewhere else," Fongchong speculates now. "In my picture [in her adoption profile] I look upset."

Along with Fongchong's resistance to her new parents, she was just as negative about their food. "She wouldn't touch my chicken-fried steak," says Taylor, an Oklahoma native, "let alone a sandwich."

Fongchong wanted only Chinese food, but not just any Chinese food. It had to be red-hot Sichuan Chinese. Sichuan province is the region near Tibet where masterful dishes like fiery mapo tofu and cashew- and chile-spiked kung pao chicken originated. Sichuan peppercorns, tiny orbs of citrusy flavor

From a young age in the southern city of Guangzhou, she eats like someone from Sichuan province. Of Guangzhou's Cantonese food, she complains: "It's not spicy at all."

that zap the mouth into pleasant numbness, are one of the hallmarks of the cuisine.

Taylor, already a devotee of Sichuan cooking having explored the province as a journalist, saw an opportunity to connect through their shared passion for this incendiary cuisine. Perhaps Sichuan food could be a bridge to bring them closer.

So Taylor replaced her chef's knives and sauté pans with cleavers and woks, and switched to exclusively Chinese cooking. She soon noticed a pattern; when her daughter ate these dishes, she opened up about her past, sharing stories of her favorite street-food vendors, going to school and tending her foster family's rice plot.

In the kitchen, mom and daughter found a rapport, honing Sichuan classics like Sesame Noodles in Strange Flavor Sauce, and creating new recipes like Itty-Bitty Baby Bok Choy in Vinegar Oyster Sauce *(see page 84)*. Gradually, through nourishment, their relationship evolved. "It wasn't until I loved and respected them that I would listen to my parents," Fongchong reflects.

To take her Sichuan cooking project even further, Taylor started a blog about her journey and, by chance, an importer approached her about selling high-quality Sichuan peppercorns on her website. At the time most of the U.S.-bound peppercorns that arrived from China were dried up and lacked a full-powered tingle. But these were fresh and potent.

Readers eagerly bought her peppercorns, so Taylor began selling other Sichuan essentials, such as 3-year-aged chili bean paste and hand-stirred soy sauce. Taylor and Fongchong scouted for new products in China, where Fongchong proved an indispensable translator.

Quietly, the Nashville mother-daughter duo became the unlikely source for artisanal Chinese ingredients and *themalamarket.com* was born.

Restaurateurs came calling. Peter Shelsky, who serves a Sichuan peppercorn-studded bialy at Shelsky's Brooklyn Bagels, had given up on the typical peppercorns that were available. "They were disappointing." Then he tasted The Mala Market's peppercorns: "I was blown away."

At Seattle's Sichuan-inspired Plenty of Clouds restaurant, executive chef Travis Post uses The Mala Market's peppercorns and Sichuan chiles all over the menu. "You can't find that quality anywhere," says Post.

Now 21, Fongchong is studying for her English proficiency test and planning to enroll at the university where her dad works. She plans to live in the dorm. "That's my dream," she gushes. "I like making new friends."

At some point, Fongchong wants to spend time in China. "If I could go there and teach English to little kids that would be perfect," she says with a smile.

**On a recent outing** to a Sichuan hot-pot restaurant in South Nashville, where diners cook their own ingredients in bubbling broth, mom and daughter gnaw happily on warm duck feet. They seem lighthearted about their differences.

"She adores me," teases Taylor.

"Oh, we never fight," Fongchong adds with perfect timing. "We are like best buddies!"

Fongchong looks toward the vast bar of condiments where diners assemble their seasonings. "Hey Mom, let's go make our sauce," she suggests, sliding out of the booth. Taylor follows, and they stride off purposefully, mother and daughter, out to share a spicy meal.

**LOUISA SHAFIA** *is the author of* The New Persian Kitchen. *When she is not writing about food, Shafia hosts Iranian dinners as a guest chef at restaurants around the country and in her current hometown of Nashville.*

Dry Pot Chicken (Gan Guo Ji)

## Dry Pot Chicken (Gan Guo Ji)

**ACTIVE:** 1¼ hrs **TOTAL:** 1½ hrs

**EQUIPMENT:** Parchment paper, spice grinder or mortar and pestle

*"Dry pot" is a cooking method that comes from the very popular hot-pot meals where everyone selects their own ingredients to cook in a spicy communal broth. Dry-pot cooking often takes the same ingredients and spices but uses a stir-fry technique to cook them.*

- ½ cup dried tofu skin *(see page 82)*, broken into pieces
- 2 pounds bone-in chicken thighs, patted dry
- 9 tablespoons peanut oil, divided
- 2 tablespoons Shaoxing rice wine, divided
- ½ teaspoon ground pepper
- 1 teaspoon cumin seeds
- 1 teaspoon fennel seeds
- 1 teaspoon Sichuan peppercorns
- 2 tablespoons Pixian chili bean paste (doubanjiang)
- 1 tablespoon Sichuan chili flakes *or* crushed red pepper
- 1 medium russet potato, peeled and sliced ¼ inch thick
- 1 bunch broccolini, cut into 1-inch pieces
- 4 stalks celery, thinly sliced on the diagonal
- 1 cup thinly sliced onion
- 1-2 jalapeño *or* serrano peppers, thinly sliced
- 8-10 dried small red chiles
- 5 cloves garlic, thinly sliced
- 1 2-inch piece ginger, peeled and cut into thin slivers
- 4 scallions, trimmed and cut into ½-inch pieces
- 1 tablespoon reduced-sodium soy sauce
- 1 tablespoon toasted sesame seeds

**1.** Preheat oven to 375°F. Line a baking sheet with parchment paper.

**2.** Place tofu skin in a medium bowl and cover with boiling water. Let soak for 30 minutes. Drain.

**3.** Meanwhile, toss chicken with 2 tablespoons oil, 1 tablespoon Shaoxing and ground pepper in a large bowl. Transfer to the prepared baking sheet. Bake until an instant-read thermometer inserted in the thickest part

# SOURCING SICHUAN

The key to Sichuan food lies in its *málà*, the mouth-numbing heat that comes from the combo of Sichuan peppercorns and fiery Sichuan chile peppers. These ingredients and others in these recipes are available in Asian markets and well-stocked supermarkets or at *themalamarket.com*.

### Chili crisp
This chili oil condiment made with fried onions, garlic, chiles and Sichuan peppercorns is like a crunchy paste. Seasoned liberally with MSG, sugar and salt, chili crisp is mainly used on its own or in cold Sichuan sauces rather than in cooking. Lao Gan Ma brand is popular and widely available, but there are many chili crisps on the market, including a Trader Joe's version.

### Dried tofu skin
Chewy tofu skin is made from the layer of solids that forms on top of heated soymilk (think pudding skin). It is sold dried in sheets and must be rehydrated to use.

### Fermented black beans (douchi)
These black beans are preserved in a heady mix of liquor and spices. The beans can be added to an array of dishes to add both salt and flavor. The more familiar Cantonese black beans make a good substitute but are fermented with salt only, so rinse them before using.

### Green Sichuan peppercorns
With a distinctly lemony taste that is different from red Sichuan peppercorns, green ones complement fish, chicken and vegetables. China has only recently started to export them, so they are a little harder to find.

### Pixian chili bean paste (doubanjiang)
A salty and spicy umami concentrate made with chiles and fermented fava beans, the paste gives deep flavor to braises, soups and stir-fries. It is sometimes labeled "broad bean" chili paste.

### Shaoxing rice wine
A key ingredient for adding depth of flavor to Chinese sauces and soups. It is similar in flavor to sherry, but contains salt and sugar for added punch.

### Sichuan chile flakes
Whole dried chiles that have been fried until crisp and ground into a mix of flakes, powder and seeds. Korean pepper powder, available at Korean markets and online, is a good substitute.

### Sichuan chili oil
A Sichuan spice blend is infused into the oil, which is mixed with chile pepper flakes (not fried). The oil can be strained and the flakes used separately.

### Sichuan peppercorn oil
A fragrant finishing oil infused with essential oils extracted from the Sichuan peppercorn. It has a smoother taste than the whole spice yet enough zing to wake up the mouth.

### Sichuan peppercorns
Sichuan peppercorns (a member of the citrus family and unrelated to black peppercorns) have a citrusy aroma and supply the numbing half of the signature flavor of Sichuan food.

### Sweet potato glass noodles
Long, clear, chewy noodles made from sweet potato starch. While bland on their own, the noodles absorb the flavors of whatever they're cooked in.

### Zhenjiang black vinegar
Sometimes labeled "Chinkiang," this delicately sour rice vinegar seasoned with sugar and salt is used in virtually all cold Sichuan noodle and vegetable sauces, and in other sweet and sour dishes.

**Itty-Bitty Baby Bok Choy in Vinegar Oyster Sauce, p.84**

**Mapo Tofu**

Sichuan Fava Bean, Pea Sprout & Radish Salad, p.84

without touching bone registers 165°F, 25 to 30 minutes. Transfer to a clean cutting board. When cool enough to handle, pull the meat from the bones (discard bones and skin). Cut the chicken into bite-size pieces and set aside.

**4.** Heat a small skillet over medium heat for 1 minute. Add cumin seeds, fennel seeds and peppercorns; toast, stirring often, until fragrant, about 1 minute. Transfer to a plate to cool, then coarsely grind in a spice grinder or mortar and pestle. Transfer to a small bowl and add chili bean paste and chili flakes (or crushed red pepper); mix well and set aside.

**5.** Put a large pot of water on to boil and set a large bowl of ice water beside the stove. Add the tofu skin and potato to the boiling water. Cook until the potato is just tender, about 5 minutes. Add broccolini and celery; cook for 30 seconds. Using a slotted spoon, transfer the vegetables and tofu skin to the ice water, then transfer to a clean kitchen towel to drain.

**6.** Heat a large flat-bottom wok or cast-iron skillet over high heat. Add 4 tablespoons oil and onion. Cook, stirring, until the onion is softened, about 3 minutes. Add jalapeño (or serrano) and dried chiles to taste, garlic and ginger. Cook, stirring constantly, until fragrant, about 1 minute.

**7.** Push the aromatics to the sides of the pan, making a well in the center. Add the remaining 3 tablespoons oil, followed by the reserved peppercorn mixture. Cook, stirring, until fragrant, about 30 seconds. Add the chicken and scallions; cook, stirring, until the chicken is hot, about 1 minute. Drizzle the remaining 1 tablespoon Shaoxing and soy sauce around the edges of the pan, then add the vegetables and tofu skin. Cook, stirring, until the vegetables are hot, about 1 minute more. Sprinkle with sesame seeds.

**SERVES 6:** about 1¼ cups each
**Cal** 491 **Fat** 35g (sat 7g) **Chol** 115mg **Carbs** 17g **Total sugars** 2g (added 0g) **Protein** 25g **Fiber** 3g **Sodium** 902mg **Potassium** 624mg.

## Mapo Tofu

**ACTIVE:** 35 min **TOTAL:** 35 min
**EQUIPMENT:** Spice grinder or mortar and pestle

*This dish is extremely popular both in and outside of China, perhaps because it was meant to be adaptable. The type and amount of both tofu and meat is often varied and even the spicy sauce can be tuned to the desired level of heat.*

- **6 tablespoons peanut *or* canola oil, divided**
- **2 tablespoons Pixian chili bean paste (doubanjiang; *see opposite*)**
- **2 teaspoons fermented black beans (douchi), rinsed and coarsely chopped**
- **1 tablespoon Sichuan chile flakes *or* crushed red pepper**
- **2 tablespoons cornstarch**
- **2 tablespoons water**
- **2 ounces lean ground beef**
- **1 cup water *or* low-sodium chicken broth**
- **1 teaspoon reduced-sodium soy sauce**
- **1 bunch scallions, cut into 1-inch pieces**
- **1 14- to 16-ounce package silken tofu, drained and cut in ¾-inch pieces**
- **¼-½ teaspoon freshly ground Sichuan peppercorns *(see Tip)***

**1.** Combine 5 tablespoons oil, chili bean paste, fermented black beans and chile flakes (or crushed red pepper) in a small bowl. Whisk cornstarch and water in another small bowl. Set both next to the stove.

**2.** Heat the remaining 1 tablespoon oil in a large flat-bottom wok or cast-iron skillet over medium-high heat until it shimmers. Add beef and cook, breaking up with a wooden spoon, until it is cooked through and browned, 2 to 3 minutes. Transfer to a small bowl.

**3.** Add the reserved chili bean paste mixture to the pan and cook until fragrant, being careful not to burn it, about 1 minute. Add water (or broth), soy sauce and scallions. Return the beef to the pan, then add tofu; bring to a simmer, gently tossing the tofu with the sauce, until heated through, about 2 minutes. Gradually add the cornstarch slurry, stirring, and cook until the sauce thickens, about 1 minute. Transfer to a serving bowl and sprinkle with ground Sichuan peppercorns.

**SERVES 6:** ⅔ cup each
**Cal** 196 **Fat** 17g (sat 3g) **Chol** 7mg **Carbs** 6g **Total sugars** 1g (added 0g) **Protein** 7g **Fiber** 1g **Sodium** 703mg **Potassium** 94mg.

**TIP:** To grind Sichuan peppercorns, sort and discard any black seeds or twigs. Toast in a dry skillet over low heat until very fragrant, 2 to 3 minutes (do not brown them). Let cool, then grind in a spice grinder or in a mortar and pestle to your desired coarseness. Sift out any yellow husks that don't break down. Store in an airtight container in a cool, dark place for up to 3 weeks.

Fongchong Havighurst *(right)* bags peppers for *themalamarket.com*. She says she might study psychology to help other kids. Her mom, Taylor *(left)*, approves and adds she'll always have a place in the business.

## Sichuan Fava Bean, Pea Sprout & Radish Salad

**ACTIVE:** 25 min **TOTAL:** 25 min

*This fresh and spicy salad features fava beans, which besides adding heft to this salad are a main ingredient in the iconic chili bean paste of Sichuan province. Look for frozen favas with Hispanic foods or in the freezer section in your supermarket. If you want an even more substantial salad, just double the sauce and add cooked sweet potato glass noodles.* (Photo: page 83.)

- **1 cup frozen shelled fava beans, lima beans *or* edamame (5 ounces)**
- **1 small clove garlic, minced**
- **1 tablespoon water**
- **2 tablespoons flakes/sediment from Sichuan chili oil *(see page 82)***
- **2 teaspoons Sichuan peppercorn oil**
- **1 teaspoon toasted sesame oil**
- **1 teaspoon reduced-sodium soy sauce**
- **1 teaspoon Zhenjiang black vinegar**
- **1 teaspoon honey**
- **Pinch of kosher salt plus ¼ teaspoon, divided**
- **3 large red radishes, julienned**
- **4 cups pea *or* radish sprouts**
- **1 scallion, thinly sliced**

**1.** Cook beans according to package directions. Drain and rinse under cold water. Pat dry.
**2.** Meanwhile, mix garlic and water in a medium bowl. Let stand for 3 minutes. Add flakes/sediment from chili oil, peppercorn oil, sesame oil, soy sauce, vinegar, honey and a pinch of salt; mix well.
**3.** Toss radishes with the remaining ¼ teaspoon salt and let stand for 3 minutes. Squeeze most of the moisture out of the radishes, then add them to the dressing. Add sprouts, scallion and the beans; gently toss to coat.

**SERVES 4:** ¾ cup each
**Cal** 122 **Fat** 5g (sat 1g) **Chol** 0mg **Carbs** 16g **Total sugars** 5g (added 1g) **Protein** 5g **Fiber** 4g **Sodium** 225mg **Potassium** 210mg.

## Itty-Bitty Baby Bok Choy in Vinegar Oyster Sauce

**ACTIVE:** 25 min **TOTAL:** 25 min

*In China it's common to serve stir-fried greens with a dollop of oyster sauce often mixed with a little bit of mild vinegar. Taylor Holliday's riff doubles down on the sour by adding Zhenjiang black vinegar, which is full-bodied and pretty puckery. Taylor likes using the tiniest bok choy she can find at her local Asian market, but says it's OK to use the bigger "teenage" ones available at most supermarkets, as we did here* (photo: page 82).

- **1½ pounds small baby bok choy**
- **2 tablespoons oyster sauce**
- **1½ tablespoons Zhenjiang black vinegar *(see page 82)***
- **2 teaspoons reduced-sodium soy sauce**
- **2 tablespoons peanut *or* canola oil**
- **4 medium cloves garlic, thinly sliced**
- **¼ cup low-sodium chicken broth**

**1.** Halve bok choy vertically. Rinse and dry well.
**2.** Combine oyster sauce, vinegar and soy sauce in a small saucepan; heat over low heat, stirring, until heated through. Cover and set aside.
**3.** Heat oil in a large flat-bottom wok or cast-iron skillet over high heat. When the oil shimmers, reduce heat to low and add garlic. Cook until softened, but not browned, about 15 seconds. Add the bok choy and increase heat to medium-high. Cook, stirring, until the leaves are bright green and softened, about 2 minutes. Add broth and cover the pan. Cook until the bok choy is tender-crisp, about 1 minute. Drizzle the sauce over the bok choy.

**SERVES 6:** 1 cup each
**Cal** 62 **Fat** 5g (sat 1g) **Chol** 0mg **Carbs** 4g **Total sugars** 1g (added 0g) **Protein** 2g **Fiber** 1g **Sodium** 331mg **Potassium** 323mg.

STYLING: EMILY CANFER (FOOD), GLENN JENKINS (PROPS)

## Spicy Chili Crisp Potato Salad (Liang Ban Tu Dou)

**ACTIVE:** 30 min **TOTAL:** 30 min
**EQUIPMENT:** Spice grinder or mortar and pestle
*The thinly sliced potatoes (a mandoline makes slicing quicker if you have one) cook until just tender so they keep their shape, but if they do fall apart, they'll taste every bit as delicious.*

- **1 pound russet potatoes, peeled and sliced ⅛ inch thick**
- **2 8-ounce cans bamboo shoots, rinsed**
- **5 tablespoons chili crisp, such as Lao Gan Ma *(see page 82)***
- **3 tablespoons Zhenjiang black vinegar**
- **2 tablespoons reduced-sodium soy sauce**
- **1 teaspoon Sichuan peppercorn oil**
- **1 tablespoon finely chopped fresh ginger**
- **3 scallions, trimmed and thinly sliced**
- **1-2 fresh red chiles, thinly sliced**
- **Freshly ground Sichuan peppercorns *(see Tip, page 83)***

**1.** Bring a large pot of water to a boil. Add potatoes and cook until just tender, 6 to 8 minutes. Remove with a slotted spoon to a colander. Add bamboo shoots to the pot and cook until hot, 1 to 2 minutes. Transfer them to the colander.
**2.** Meanwhile, mix chili crisp (or chili oil), vinegar, soy sauce, peppercorn oil and ginger in a large bowl.
**3.** Add a third of the potato slices and bamboo shoots to the sauce. Using tongs or a slotted spoon, gently stir to make sure each slice gets coated on both sides. Carefully transfer to a platter, leaving any remaining sauce in the bowl. Repeat with the remaining vegetables, one-third at a time. Spoon any remaining sauce over the top and sprinkle with scallions and chiles and ground Sichuan peppercorns to taste.
**SERVES 6:** generous ¾ cup each
**Cal** 174 **Fat** 10g (sat 1g) **Chol** 0mg **Carbs** 19g **Total sugars** 3g (added 0g) **Protein** 4g **Fiber** 3g **Sodium** 338mg **Potassium** 557mg.

## Sour & Spicy Sweet Potato Noodles (Suan La Fen)

**ACTIVE:** 25 min **TOTAL:** 25 min
*Three different ingredients make this hot-and-sour soup quite spicy. One of them, the green Sichuan peppercorns (see page 82), can be tough to find and there isn't an easy sub, so leave them out if you like.* (Photo: page 78.)

- **4 cups low-sodium chicken broth**
- **1 cup water**
- **3 tablespoons chili oil with flakes *(see page 82)*, well mixed**
- **2 tablespoons Zhenjiang black vinegar**
- **1 tablespoon reduced-sodium soy sauce**
- **1-2 teaspoons Sichuan peppercorn oil**
- **1 teaspoon toasted sesame oil**
- **¼ teaspoon kosher salt**
- **Pinch of ground green Sichuan peppercorns (optional)**
- **8 ounces sweet potato glass noodles**
- **8 cups coarsely chopped Chinese greens, such as yu choy *or* gai lan, *or* collards *or* kale**
- **2 tablespoons peanut *or* canola oil**
- **4 large eggs**
- **Fried peanuts, fried soy nuts, fresh cilantro *and/or* sliced scallions for garnish**

**1.** Bring a large pot of water to a boil over high heat. Bring broth and 1 cup water to a boil in a large saucepan over high heat.
**2.** Meanwhile, combine chili oil with flakes, vinegar, soy sauce, peppercorn oil, sesame oil, salt and green Sichuan pepper (if using) in a small bowl. Set aside.
**3.** Cook noodles in the boiling water until soft, 6 to 8 minutes. Drain.
**4.** Cook greens in the boiling broth until tender-crisp, 1 to 2 minutes. Cover and remove from heat.
**5.** Heat peanut (or canola) oil in a large nonstick skillet. Crack in eggs, one at a time, and cook until the whites are firm and the yolks are still slightly runny, 2 to 3 minutes.
**6.** Divide the chili oil mixture among 4 shallow bowls. Top each with the noodles, the greens and their broth, and an egg. Garnish with peanuts, soy nuts, cilantro and/or scallions, if desired. Serve hot.
**SERVES 4:** 2⅔ cups soup & 1 egg each
**Cal** 508 **Fat** 27g (sat 5g) **Chol** 186mg **Carbs** 54g **Total sugars** 1g (added 0g) **Protein** 13g **Fiber** 2g **Sodium** 426mg **Potassium** 621mg.

# STEAL THESE 6 SHORTCUTS

Making a stash of staples—like broth, pastes, rubs and more—is the secret to dishes with maximum flavor and minimal fuss.

BY ANDREA NGUYEN

PHOTOS BY LEIGH BEISCH

SPICY TAMARIND
MARINATED CHICKEN, PG. 93

SHORTCUT

# VERY VERSATILE ROASTED RED PEPPER SAUCE

**ACTIVE:** 45 min **TOTAL:** 1 hr

This smoky, tangy sauce takes flavor cues from *ajvar*, a roasted red pepper spread from the Eastern Mediterranean.

Halve 1½ lbs. **red bell peppers** lengthwise and discard stems and seeds. Place the halves, cut-side down, on a foil-lined baking sheet along with 3 unpeeled large **garlic** cloves. Broil, flipping often, until the peppers are charred in many spots, 10 to 15 minutes. Transfer the peppers to a bowl and loosely cover with foil. Let stand until cool enough to handle, about 20 minutes. Peel the peppers and garlic. Combine the garlic, 2 tsp. **smoked paprika,** 1 tsp. **kosher salt** and ¼ tsp. **cayenne pepper** in a food processor; process to finely chop the garlic. Add the peppers and 1½ Tbsp. **balsamic vinegar;** process until pureed. With the motor running, drizzle in 3 Tbsp. **extra-virgin olive oil.** Let stand for 10 minutes before serving.
**MAKES:** 1½ cups (2-Tbsp. serving)

**STORE IT:** Refrigerate for up to 5 days or freeze for up to 3 months. Serve at room temperature.

**MORE WAYS TO USE IT:**
**Pasta:** Mix with a bit of heavy cream and toss with shredded chicken, roasted cauliflower and your favorite pasta.

**Dip:** Combine with roasted eggplant and serve with crackers or pita chips.

## Baked Fish & Kale Lavash Wraps

**ACTIVE:** 25 min **ACTIVE:** 45 min
**EQUIPMENT:** Parchment paper
*Controlling moisture is key to avoiding soggy lavash in this recipe, so be sure to squeeze as much liquid from the greens as possible. Look for lavash with large sandwich wraps at the grocery store. We prefer the flakier texture of rectangular lavash—the round ones are more like big flour tortillas and bake up a little gummy.*

- **5 ounces baby kale *or* baby spinach**
- **3 tablespoons coarsely chopped fresh tarragon *and/or* dill**
- **2 tablespoons finely chopped scallions**
- **½ teaspoon kosher salt, divided**
- **⅛ teaspoon plus ¼ teaspoon ground pepper, divided**
- **1 pound cod, halibut *or* barramundi, skinned and cut into 4 portions**
- **4 sheets lavash**
- **6 teaspoons extra-virgin olive oil, divided**
- **¼ cup Very Versatile Roasted Red Pepper Sauce *(left)*, plus more for serving**

**1.** Preheat oven to 375°F. Line a baking sheet with parchment paper and coat with cooking spray. Put a kettle of water on to boil.
**2.** Put greens in a bowl. Cover with boiling water and let wilt for about 5 minutes. Drain and squeeze out excess moisture. Chop and return to the bowl. Mix in tarragon (and/or dill), scallions, ¼ teaspoon salt and ⅛ teaspoon pepper.
**3.** Pat fish dry and season with the remaining ¼ teaspoon each salt and pepper.
**4.** To make each wrap, place a lavash sheet on your work surface with a short side closest to you. Brush with 1 teaspoon oil and place a portion of fish about 2 inches from the bottom edge. Smear 1 tablespoon red pepper sauce on the fish and top with one-fourth of the greens. Roll up like a burrito and place seam-side down on the prepared pan. Brush the wraps with the remaining 2 teaspoons oil.
**5.** Bake until the lavash is browned and crisp, rotating the pan from back to front halfway through, 20 to 30 minutes. Serve immediately with additional sauce, if desired.
**SERVES 4:** 1 wrap each
**Cal** 392 **Fat** 9g (sat 2g) **Chol** 45mg **Carbs** 46g **Total sugars** 3g (added 0g) **Protein** 24g **Fiber** 10g **Sodium** 844mg **Potassium** 520mg.

SHORTCUT 2

# UMAMI BOMB PASTE

**ACTIVE:** 50 min **TOTAL:** 1 hr

A quartet of ingredients—tomato paste, liquid aminos, dried mushrooms and nutritional yeast—makes this seasoning paste super-savory.

Heat 2 Tbsp. **canola oil** in a medium saucepan over medium-high heat. Add 2 cups chopped **yellow onion** and ½ tsp. **kosher salt.** Cook, stirring frequently and reducing heat as necessary, until very dark golden brown, 15 to 20 minutes. Reduce heat to medium, add 1 large chopped **garlic** clove and cook until fragrant, 15 to 30 seconds. Stir in 1 cup **water,** ¼ cup **tomato paste,** 1½ Tbsp. **liquid aminos,** ¼ oz. finely ground **dried mushrooms** and ¼ tsp. **ground pepper.** Adjust heat to maintain a simmer. Cook, stirring occasionally, until thick and pasty, 15 to 18 minutes. Remove from heat and stir in ¼ cup **nutritional yeast.** Let stand for 10 minutes. Transfer to a mini food processor and process until smooth.
**MAKES:** ¾ cup (1-Tbsp. serving)

**STORE IT:** Refrigerate for up to 1 month or freeze for up to 3 months.

**MORE WAYS TO USE IT:**
**Spread:** Mix into mayonnaise and slather on sandwiches.

**Pasta:** Cook 4 oz. spaghetti and 2 handfuls of peas. Melt 1½ Tbsp. butter in ¾ cup of the pasta-cooking water, add the noodles and peas. Once heated through, add ¼ cup of the paste.

STYLING EMILY CANFER (FOOD), GLENN JENKINS (PROPS)

## Umami Veggie Burger

**ACTIVE:** 40 min **TOTAL:** 40 min
**TO MAKE AHEAD:** Refrigerate the patty mixture (Step 1) for up to 2 days. Bring to room temperature before continuing.
*These hearty burgers have a touch of grated red beet as a nod to beef. Pile on your favorite toppings or skip the bun and serve with a big salad.*

- ⅔ cup walnuts
- 1 15-ounce can no-salt-added chickpeas
- 1½ cups cooked quinoa
- 3 tablespoons Umami Bomb Paste *(left)*
- 3 tablespoons potato starch
- 2 tablespoons finely grated red beet
- ¾ teaspoon kosher salt
- ¼ teaspoon ground pepper
- 2 tablespoons canola oil
- 4 soft whole-wheat hamburger buns, toasted

**1.** Pulse walnuts in a food processor until coarsely ground. Transfer to a bowl. Add 1½ teaspoons chickpea liquid (aquafaba) from the can to a food processor. Rinse the chickpeas and add 1 cup to the food processor (reserve the rest for another use); pulse to a coarse mashed texture. Scrape into the bowl with the nuts and add quinoa, umami paste, potato starch, beet, salt and pepper. Stir to combine well.
**2.** Shape the mixture into 4 patties, using about ¾ cup for each. Heat a large cast-iron or nonstick skillet over medium-high heat. Add oil; when it is shimmering, add the patties. Cook, flipping once or twice, until very browned and crisp, 5 to 8 minutes total. Transfer to a rack and let cool for 5 to 10 minutes. Serve the burgers on buns.
**SERVES 4:** 1 burger each
**Cal** 498 **Fat** 23g (sat 2g) **Chol** 0mg **Carbs** 61g **Total sugars** 6g (added 0g) **Protein** 14g **Fiber** 10g **Sodium** 787mg **Potassium** 523mg.

SHORTCUTS

## DASHI STOCK

**ACTIVE:** 40 min **TOTAL:** 1¼ hrs

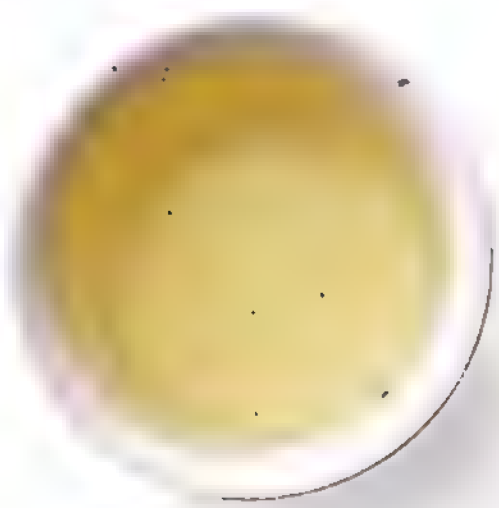
This versatile Japanese stock only requires three ingredients.

Combine 1½ oz. **kombu** (dried kelp; *see Tip, page 106*) and 16 cups **water** in a large pot. Set aside for at least 20 minutes or cover and refrigerate overnight. Heat the pot over medium heat until it comes to a bare simmer. Remove from heat and scatter ½ oz. **dried bonito flakes** (katsuobushi) over the top; let stand for 5 minutes. Remove the kombu using tongs and reserve for another use, such as slicing for a salad or soup. Line a sieve with cheesecloth and place over a large bowl. Strain the stock.
**MAKES:** About 14 cups (1-cup serving)

**STORE IT:** Refrigerate for up to 5 days or freeze for up to 3 months.

**MORE WAYS TO USE IT:**
**Steamed clams:** Add dashi to your steaming liquid.

**Shrimp & grits:** Simmer shrimp shells in dashi for about 10 minutes. Strain, then use the stock to cook the grits. Serve the grits topped with shrimp sautéed in garlic and sesame oil.

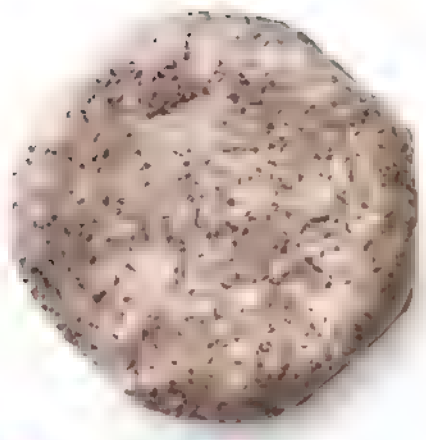


### Takikomi Gohan (Japanese Dashi-Infused Shiitake & Vegetable Rice)

**ACTIVE:** 20 min **TOTAL:** 2½ hrs
*Dashi gives this dish its savory depth. Rinsing the rice may seem like an extraneous step but it removes some of the surface starch for fluffier rice. And soaking the rice in seasoned dashi before cooking infuses the dish with more flavor.*

- **1½ cups short-grain brown rice**
- **2½ cups Dashi Stock *(left)***
- **2 tablespoons mirin**
- **2 tablespoons reduced-sodium tamari**
- **Pinch of salt**
- **6 ounces shiitake mushrooms, sliced ¼ inch thick**
- **½ cup diced carrot**
- **2 scallions, thinly sliced on the diagonal, whites and greens separated**
- **¼ cup frozen peas**

**1.** Put rice in a large saucepan and add water to cover by 1 inch. Swish with your fingers to loosen the surface starch. Pour off the water and repeat two or three times, or until the water is nearly clear. Pour the rice into a fine-mesh sieve and let drain for 5 minutes. Shake the sieve a few times, then return the rice to the pan.
**2.** Add dashi, mirin, tamari and salt. Let stand for 30 minutes.
**3.** Bring the mixture to a lively simmer over medium-high heat, stirring occasionally. Reduce heat to maintain a low simmer, cover and cook for 30 minutes. Place mushrooms, carrot and scallion whites on top, cover and cook until the rice and vegetables are tender, about 15 minutes more.
**4.** Remove from heat and let stand for 10 minutes. Scatter peas over the top, then fluff the rice and combine with the peas. Cover and let stand until the peas are thawed, about 10 minutes. Stir in scallion greens before serving.
**SERVES 6:** 1 cup each
**Cal** 188 **Fat** 2g (sat 0g) **Chol** 0mg **Carbs** 41g **Total sugars** 3g (added 0g) **Protein** 5g **Fiber** 5g **Sodium** 291mg **Potassium** 169mg.



SHORTCUT 4

# ROSEMARY BUCKWHEAT PASTRY DOUGH

**ACTIVE:** 30 min **TOTAL:** 2½ hrs

Buckwheat lends an earthy edge to this tender dough, which can be used in savory or sweet applications.

Cut 1 cup (2 sticks) **unsalted butter** into ½-inch cubes; freeze for 10 minutes. Combine 1½ cups plus ⅓ cup **all-purpose flour,** ⅔ cup **buckwheat flour** *(see Tip, page 106),* 3 Tbsp. **granulated sugar,** 1 Tbsp. minced **fresh rosemary** and 1½ tsp. **kosher salt** in a food processor. Pulse to combine. Scatter the butter on top and pulse until there are pea-size pieces. Add ½ cup **ice water,** then process until dough bits form. Dust two 16-inch-long pieces of plastic wrap with flour. Divide the dough bits between them. Gather up the plastic and press the dough into a 5-inch-wide disk. Repeat with the remaining dough. Refrigerate for 2 hours or up to 3 days. Before using, let the dough stand at room temperature for 10 minutes.
**MAKES:** 2 dough disks (8 servings each)

**STORE IT:** Refrigerate for up to 3 days or freeze for up to 3 months.

**MORE WAYS TO USE IT:**
**Crackers:** Roll 1 disk out to ⅛ inch thick and cut into desired shapes. Place on a parchment-lined baking sheet and sprinkle with shredded Cheddar. Chill for 20 minutes. Bake at 400°F until crisp, 12 to 14 minutes.

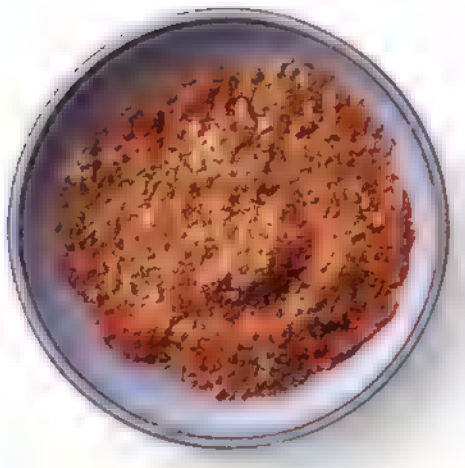
**Hand pies:** Divide 1 disk into 8 pieces. Roll each into a circle and fill as desired. Seal and brush with egg wash. Chill for 20 minutes. Bake at 400°F until lightly brown, 15 to 20 minutes.

## Gingery Rhubarb-Strawberry Galette

**ACTIVE:** 30 min **TOTAL:** 2½ hrs
**EQUIPMENT:** Parchment paper
*Strawberries and rhubarb are a classic springtime combo, but you could use cherries or apricots if you prefer. Baking the galette on a heated surface like a baking stone creates a crisp, sturdy bottom.*

- **1 disk Rosemary Buckwheat Pastry Dough *(left)***
- **½ cup granulated sugar**
- **⅓ cup finely chopped crystallized ginger**
- **1 tablespoon grated peeled fresh ginger**
- **⅛ teaspoon ground nutmeg *or* ¼ teaspoon ground pepper**
- **12 ounces rhubarb, cut into 3-by-½-inch pieces**
- **8 ounces strawberries, halved (or quartered if large)**
- **2 tablespoons cornstarch**
- **½ cup fresh breadcrumbs *or* 2 tablespoons semolina flour**
- **1 tablespoon butter, cut into small cubes**
- **1 large egg**
- **1½ teaspoons water**
- **1 tablespoon turbinado sugar**

**1.** Line a baking sheet with parchment paper.
**2.** Roll dough on a lightly floured surface into a 12-inch round about ⅛ inch thick. Transfer to the prepared pan.
**3.** Stir granulated sugar, crystallized ginger, fresh ginger and nutmeg (or pepper) in a large bowl. Add rhubarb and strawberries. Toss to coat. Sprinkle with cornstarch and toss to coat.
**4.** Distribute breadcrumbs (or semolina) over the center of the dough, leaving a 2-inch border. Evenly spread the filling over the breadcrumbs (or semolina). Lift the edge of the dough, folding it over and partly covering the filling and making slightly overlapping pleats as you work your way around. Gently press on the top and sides of the dough to ensure a good seal. Dot the exposed filling with butter. Whisk egg and water in a small bowl and brush over the dough; sprinkle with turbinado sugar. Chill the galette for 30 minutes.
**5.** About 20 minutes before baking, place a baking stone or inverted baking sheet on the center rack of oven; preheat to 400°F.
**6.** Transfer the galette on the parchment to the heated surface. Bake until the filling is bubbling and the crust has browned, 40 to 45 minutes.
**7.** Let cool on a wire rack for at least 45 minutes before serving.
**SERVES 8:** 1 slice each
**Cal** 300 **Fat** 14g (sat 8g) **Chol** 34mg **Carbs** 43g **Total sugars** 21g (added 17g) **Protein** 3g **Fiber** 3g **Sodium** 200mg **Potassium** 213mg.



SHORTCUTS

## ANNATTO SPICE BLEND

**ACTIVE:** 10 min **TOTAL:** 10 min

This spice blend conjures up the sunny flavors of the Yucatán. You'll need to track down annatto seeds (aka achiote), which provide the blend's vibrant color and flavor.

Combine 2¼ tsp. each **coriander seeds** and **cumin seeds,** 1½ tsp. each **allspice berries** and whole **black peppercorns** and 6 whole **cloves** in a small skillet. Toast over medium heat until fragrant, 2 to 3 minutes. Let cool completely. Combine with ½ cup **annatto (achiote) seeds** *(see Tip, page 106)* and 4½ Tbsp. **dried Mexican oregano.** Grind in batches in a spice grinder until super-fine. *(If using ground annatto, grind the coriander mixture and oregano until super-fine and combine with ⅔ cup ground annatto.)*
**MAKES:** ¾ cup (1-tsp. serving)

**STORE IT:** Store airtight at room temperature for up to 3 months.

**MORE WAYS TO USE IT:**
**Rice:** For each 1 cup of dry rice, add 1 tsp. spice blend.

**Cutlets:** Sprinkle on chicken or pork cutlets before cooking.

## Cochinita Pibil (Yucatán-Style Pulled Pork)

**ACTIVE:** 1 hr **TOTAL:** 2 hrs
**TO MAKE AHEAD:** Refrigerate pickled onion (Steps 4-5) for up to 1 week.
**EQUIPMENT:** 6-qt. electric pressure cooker *(or see Oven Variation)*
*Traditionally, this Yucatán-style pork is cooked all day in a pit, but a pressure cooker gets it on the table much quicker. Cooking the pork wrapped in banana leaves is optional but adds an authentic grassy note.*

PORK
- 2½ tablespoons Annatto Spice Blend *(left)*
- 2½ tablespoons cider vinegar
- 2 tablespoons orange juice
- 1 tablespoon lime juice
- 3 cloves garlic, grated
- 1½ teaspoons kosher salt
- 2¼ pounds boneless pork shoulder, trimmed and cut into 2-inch pieces
- 2 pieces banana leaves, 10 by 10 inches each, thawed if frozen (optional; *see Tip, page 106*)
- 1 cup water

PICKLED ONION & PEPPERS
- ½ medium red onion, very thinly sliced
- 2¼ cups water, divided
- 2 habanero *or* red jalapeño peppers, halved, seeded and thinly sliced
- ½ cup cider vinegar
- 3 whole cloves *or* 4 allspice berries
- ½ teaspoon dried Mexican oregano
- ¼ teaspoon whole black peppercorns
- ¾ teaspoon kosher salt

- 12 6-inch corn tortillas, warmed
- Cotija cheese & lime wedges for serving

**1. To prepare pork:** Whisk spice blend, 2½ tablespoons vinegar, orange juice, lime juice, garlic and 1½ teaspoons salt in a large bowl. Add pork and stir to coat.
**2.** If using banana leaves, rinse off any white residue and trim any hard, brown edges. Place one leaf so it covers the bottom of the inner pot of a 6-qt. electric pressure cooker. *(Or see Oven Variation.)* Arrange the pork in a single layer and drizzle with any juices from the bowl. Pour 1 cup water around the pork. Cover with the other banana leaf. (If not using banana leaves, proceed without them, arranging the pork and adding the water.)
**3.** Lock the lid and cook at high pressure for 45 minutes.
**4. Meanwhile, to prepare pickled onion & peppers:** Place onion in a small, deep heatproof bowl. Cover with 2 cups water and let soak for 10 minutes. Drain well, then return to the bowl. Add peppers.
**5.** Combine the remaining ¼ cup water, vinegar, cloves (or allspice), oregano, peppercorns and salt in a small saucepan. Bring to a lively simmer over high heat, then pour over the vegetables. Set aside, stirring occasionally.
**6.** Let the cooker pressure release naturally for 15 minutes. Carefully release residual pressure manually, unlock and remove the lid. Use tongs to remove the banana leaves.
**7.** Transfer the pork to a serving platter and shred with 2 forks. Loosely cover with a banana leaf or foil to keep warm. Pour the cooking liquid into a measuring cup and set aside for 10 minutes. Skim off any fat. Return the liquid to the pot, set the cooker to Sauté on high and bring to a boil. Cook until reduced by half, 5 to 7 minutes. Mix the liquid into the pork.
**8.** Drain the vegetables and remove the whole spices. Serve the pork and vegetables in tortillas with crumbled cotija and lime wedges, if desired.

**SERVES 6:** 2 tacos each
**Cal** 472 **Fat** 17g (sat 5g) **Chol** 148mg **Carbs** 30g **Total sugars** 2g (added 0g) **Protein** 49g **Fiber** 4g **Sodium** 689mg **Potassium** 778mg.

**OVEN VARIATION:** Preheat oven to 300°F. Pour 1 cup of water into a 6-quart heavy pot, then line it with two banana leaves (or 12-by-18-inch pieces of parchment paper): one covering the bottom (let it go up the sides), the other leaf across the first one. Add the pork in a single layer and drizzle with any juices from the bowl. Fold the leaves (or paper) closed. Tightly cover and roast until very tender, about 2½ hours. Continue with Steps 4-8, reducing the liquid in the pot on the stovetop in Step 7.

SHORTCUT 6

## SPICY TAMARIND SAUCE

**ACTIVE:** 25 min **TOTAL:** 40 min

The tropical tang of tamarind combines with fish sauce, Sriracha and brown sugar in this flavorful sauce.

Break a 14- to 16-oz. brick of **seedless tamarind pulp** *(see Tip, page 106)* into 1-inch chunks. Combine with 3½ cups **water** in a large saucepan. Bring to a lively simmer over high heat, reduce heat to maintain a simmer and cook, pressing on the pulp against the side of the pan, for 3 minutes. Let stand, covered, for 15 minutes. In batches, pass the mixture through a fine-mesh sieve, stirring and firmly pressing on the solids, into a large bowl. Periodically scrape off the thick liquid clinging to the bottom of the sieve. You should get 2½-3 cups. (Take your time with this process for the best results; it can take up to 10 minutes.) Whisk in 1½ cups **fish sauce,** 1¼ cups packed **brown sugar** and ⅔ cup **Sriracha.**
**MAKES:** 5½ cups (1-Tbsp. serving)

**STORE IT:** Refrigerate for up to 2 weeks or freeze for up to 3 months.

**MORE WAYS TO USE IT:**
**Pad thai:** Mix ½ cup sauce, 3 Tbsp. brown sugar, 2 Tbsp. water and 1 Tbsp. fish sauce. Use when stir-frying 8 oz. rice noodles with shrimp and/or tofu, eggs and bean sprouts.

**Salad dressing:** Whisk the sauce with rice vinegar, minced scallions, grated fresh ginger and sesame oil.

### Spicy Tamarind Marinated Chicken

**ACTIVE:** 15 min **TOTAL:** 50 min
*This marinade is best on quick-cooking cuts of meat like these chicken thighs, as the sugars in it can burn if on the grill for too long. Use the grill to cook the rest of your meal, too—Japanese eggplant and shishito peppers would be nice.*

- **⅓ cup Spicy Tamarind Sauce *(left)*, plus more for serving**
- **2 cloves garlic, minced**
- **1 teaspoon grated peeled fresh ginger**
- **¾ teaspoon garam masala**
- **1½ pounds boneless, skinless chicken thighs, trimmed**
- **Sliced scallions for garnish**

**1.** Whisk tamarind sauce, garlic, ginger and garam masala in a 9-inch baking dish. Add chicken and turn to coat. Marinate at room temperature, turning once, for 30 minutes.
**2.** Preheat grill to medium-high.
**3.** Remove the chicken from the marinade (discard the marinade). Oil the grill rack. Grill the chicken, turning once halfway, until an instant-read thermometer inserted in the thickest part reaches 160°F, 6 to 10 minutes. Let rest for 5 minutes. Sprinkle with scallions and serve with more sauce, if desired.
**SERVES 6:** 3 oz. chicken each
**Cal** 182 **Fat** 8g (sat 2g) **Chol** 76mg **Carbs** 4g **Total sugars** 4g (added 3g) **Protein** 21g **Fiber** 0g **Sodium** 447mg **Potassium** 187mg.

**ANDREA NGUYEN** is a cooking teacher and James Beard Award-winning author. She lives in the Bay Area, where she experiments, writes and also publishes *vietworldkitchen.com*. Her latest cookbook is *Vietnamese Food Any Day.*

# Nutrition

# Bump

We take a food-lover's-eye view on the best way to nourish that tiny life growing inside you. Plus, the scoop on coffee, supplements, food cravings and more.

**By Rachael Moeller Gorman**

**No matter how much you enjoy cooking and eating,** when you're pregnant things between you and food can become, well, complicated. You're nauseated. No, you're starving, with heartburn. Scratch that, now you have no appetite whatsoever. And often the nutrition advice you hear—from your BFF, strangers at the supermarket, the internet, your mom—is all bewilderingly contradictory. *(Eat fish. But not too much. Only certain types. OMG mercury.)* Odds are your obstetrician wasn't super-helpful either. (Most OBs receive almost no dietary training in medical school.) "All of this makes it challenging for women to know how to fuel themselves and their babies well," says Atlanta-based nutritionist Rachel Baer, M.S., R.D.N., who works with many expectant moms.

Luckily, in recent years, dozens of clinical trials have helped crystallize what an optimal pregnancy diet looks like. "The science has improved, and we have a better understanding of the important role of some nutrients, like folate, choline and fatty acids," says Anna Maria Siega-Riz, Ph.D., dean and professor of nutrition, biostatistics and epidemiology in the School of Public Health and Health Sciences at the University of Massachusetts, Amherst. She worked on the committee preparing the 2020-2025 Dietary Guidelines for pregnant women, which will mark the first time they've specifically addressed this group.

***42% of moms-to-be in the U.S. report that it's stressful trying to figure out what to eat. But hey, we've got you!***

These trials add weight to some previously weak claims and shed light on new nutrients that researchers have only recently learned play a key role in prenatal nutrition. Perhaps even more important, there's a deeper understanding of what nutrients women may be lacking without even realizing it and how much of each is needed for their babies' health. *EatingWell* sorted through the science, talked to experts and filled in the blanks on what to eat, what to skip and how to supplement your diet so you'll get what you need no matter how you and food are getting along at the moment.

# Foods to Include

**When it comes to getting a good balance of nutrients, a lot of emphasis is put on supplements rather than what you put on your plate. "But while supplements are important, they're not necessarily the answer to it all," says Siega-Riz. "Quite frankly, we do so much better eating well and getting what we need through food." The ones here contain nutrients that have been shown to be particularly key for nourishing little superbabies.**

## 1 Eggs

**Key Nutrient:** Choline
**Amount You Need Daily:** 450 mg

Not only are eggs versatile and a great protein source, their yolks are also one of the richest sources of choline in our diets. One egg yolk contains 169 mg, or 38% of the 450 mg that expectant moms need daily. Choline is a relatively recent addition to the list of essential pregnancy nutrients—and many women aren't getting enough. (One national survey found that the average intake is only 287 mg per day.) Choline is used to make acetylcholine, an important brain chemical that has been linked to better cognitive function in babies.

A couple of small studies have found that infants born to mothers who got adequate choline had better attention at 5 weeks of age and quicker reaction times between birth and 13 months. While the research is still evolving, it's convincing enough that, in 2017, the American Medical Association began recommending that choline be included in prenatal vitamins. Still, most physicians and nutritionists advise getting choline through food, since the research on supplementation during pregnancy is so new.

More Sources: Edamame, lean beef, chicken, mushrooms, kidney beans.

## 2 Salmon

**Key Nutrient:** Omega-3 fatty acids
**Amount You Need Daily:** 250-300 mg DHA

In 2018, a huge review of 70 trials found some exciting results: pregnant women who consumed omega-3s (namely DHA and EPA) from fatty fish like salmon or a fish oil supplement were much less likely to have a preterm or early preterm birth (before 37 weeks and 34 weeks, respectively) than those who didn't. The risk of perinatal death (when the baby dies in late pregnancy or within 7 days of birth), neonatal care admission and low birth weight were also reduced by getting adequate omega-3s.

EPA and DHA play a few different roles in the body: in addition to being important components of cell membranes and other tissues, they are also precursors to compounds that reduce inflammation and oxidative stress. "While we don't really know the cause of preterm birth, inflammation has been one of the leading theories," explains Scott Sullivan, M.D., a researcher and director of maternal and fetal medicine at the Medical University of South Carolina. "And omega-3 fatty acids are known to reduce markers of inflammation." Another review of omega-3 studies found that maternal consumption of seafood resulted in infants with improved neurocognitive development, as well.

There's no recommended daily allowance (RDA) for omega-3s, but around 250 to 300 mg of DHA (which exists with EPA in foods, so you'll get both) is what experts commonly recommend during pregnancy. For perspective, a 4-ounce serving of salmon contains around 476 mg of DHA.

More Sources: Seaweed and other algae (from which fish get omega-3s) are the only naturally occurring sources of DHA and EPA aside from seafood. Other plant sources of omega-3s, like chia, walnuts and canola oil, contain ALA—a type that doesn't appear as beneficial for pregnancy.

**Worried about mercury?** Know that as long as you stick to smaller fish like salmon, herring, sardines, anchovies, Pacific oysters and trout, it isn't a problem. If your superhero sense of smell is thwarting your desire to eat fish, ask your doc about a fish oil supplement.

## 3 Spinach

**Key Nutrient:** Folate
**Amount You Need Daily:** 600 mcg

For years, all women of childbearing age have been told to take folic acid—a synthetic form of the B vitamin folate. Numerous studies have found that mothers who get plenty of folic acid are less likely to have babies with defects to the neural tube—a structure that grows to become the brain and spinal cord. Back in the late 1990s, the FDA mandated that cereals and refined grains be enriched with folic acid, and neural tube problems have dropped 30% since. But it has become an issue again recently. Why? Because of two disparate food trends: a focus on whole grains over processed ones, and the popularity of low-carb diets like keto. Whole-grain foods are typically not fortified with folic acid (although they do naturally contain iron, fiber and other B vitamins that pregnant women need). As for expectant moms who restrict carbohydrates, a 2018 study found that their average dietary intake of folic acid was less than half that of women who did not restrict them—and the low-carbers were 30% more likely to have an infant with neural tube defects.

It can be hard to get enough folate through food, which is why a prenatal vitamin is so important *(see "What to Know about Supplements," page 98)*. But ½ cup of cooked spinach does deliver 130 mcg of folate.

More Sources: Brussels sprouts, avocado, black-eyed peas, fortified breakfast cereals, asparagus.

## 4 Lean Red Meat

**Key Nutrient: Iron**
**Amount You Need Daily: 27 mg**

Moms-to-be need 50% more iron than nonpregnant women. That's because iron is a key component of hemoglobin, a protein in red blood cells that is responsible for delivering oxygen throughout the body. And when you've got a plus-one in your belly, your body must create an entirely new supply of oxygenated blood for the fetus in addition to your own. But studies show that up to 30% of pregnant women are iron-deficient, which has been associated with low birth weight and increased frequency of preterm birth, as well as—for mom—the tiredness and reduced intellectual capacity that people with anemia typically experience.

Your body absorbs iron from animal sources better than from vegetarian ones—and either way, most moms still need to supplement their intake. For example, 3 ounces of lean beef will give you 2 mg of iron. Experts suggest limiting red meat consumption to around once a week, so swap in other good sources of iron, as well.

More Sources: Fortified breakfast cereals, clams, oysters, spinach, lentils, dark turkey and chicken meat, white beans.

## 5 Milk

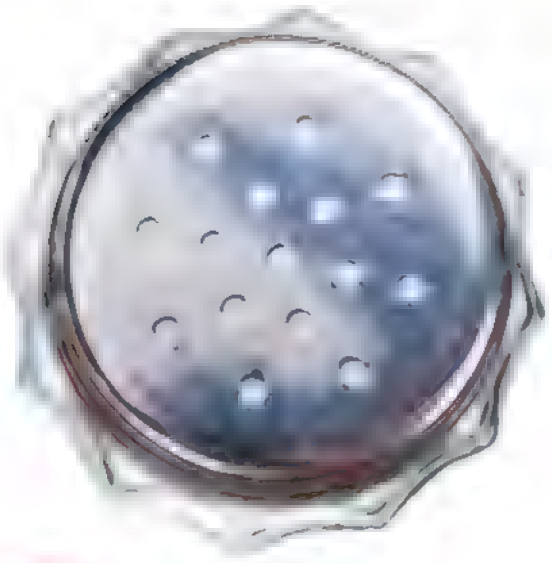
**Key Nutrient: Vitamin D**
**Amount You Need Daily: 15-50 mcg**

Milk has been fortified with vitamin D since the 1930s, and it's long been known that this nutrient is important for pregnant mothers and their babies—it helps our bodies absorb calcium and form bone and is essential for eyesight and healthy skin. But several studies published over the past few years have shown that getting enough D is even more crucial than previously thought.

"This is an area of a lot of active research. It's kind of where folic acid was 20 years ago," says Sullivan. For example, a large 2019 review of 30 randomized controlled trials found the strongest evidence yet that getting plenty of vitamin D during pregnancy not only reduces the risk of preeclampsia (high blood pressure that's potentially dangerous for mother and baby), but also lowers the odds of developing gestational diabetes and having a low-birth-weight baby by about 50% *each*, compared with moms who didn't get enough of the vitamin. Another review of 30 trials found that the current vitamin D recommendation for pregnant women (15 mcg, or 600 IU, which is what many prenatal vitamins contain) may not be high enough to confer some of these benefits, especially the reduced risk of gestational diabetes. A 2018 meta-analysis of 24 trials showed higher Apgar scores (a test that assesses the health of babies right after birth) in newborns and healthier birth weight at doses up to 50 mcg daily, along with a 65% reduced risk of fetal or neonatal mortality. (Up to 100 mcg a day is considered safe, but the benefit appears to level off at around 50 mcg.)

As with several other nutrients, many pregnant women don't get enough. A national survey found that half consume levels of vitamin D below the recommended intake. Yes, it is in most prenatal vitamins. However, you may still need more than yours provides to get you closer to 50 mcg, so aim to get it in your diet: 1 cup of cow's milk will give you around 3 mcg; some plant-based milks are fortified with vitamin D as well. Another food on our list, salmon, is packed with it, too: a 3-ounce serving has about 13 mcg.

More Sources: Salmon, tuna, fortified orange juice, yogurt, eggs. Exposure to sunlight (even in small doses—think a 10-minute lunchtime walk) also spurs your body to produce the vitamin.



## 6 Table Salt

**Key Nutrient: Iodine**
**Amount You Need Daily: 220 mcg**

Really, *salt*? Isn't sodium something you're supposed to limit—since most of us get too much as it is? Well, yes, but stick with us here: "Iodine has become an issue more recently because of the fact that women have moved away from using table salt," says Siega-Riz. (Iodine has been added to table salt since the 1920s.) She points to our preference for sea salt and other noniodized versions, like kosher or Himalayan pink salt. Plus, salt intake in general has declined for health reasons. As a result, iodine consumption in the U.S. has dropped 50% over the last several decades and 56% of pregnant women have intakes below the RDA of 220 mcg a day. Iodine is a key component of thyroid hormones, which help regulate metabolism in mother and baby, and are also necessary for fetal central nervous system and skeletal development. If a woman doesn't get enough iodine, her baby could suffer intellectual impairments. "It always shocks people to know that a significant number of women in the U.S. are iodine-deficient, it's not just in developing countries," says Sullivan.

In 2017, the American Thyroid Association issued guidelines advising women to begin taking iodine supplements three months before trying to get pregnant, but 75% of obstetricians and midwives don't mention it to their patients and 40% of prenatal vitamins don't include iodine. Look for a prenatal vitamin that has the mineral, and know that sprinkling ¼ teaspoon of iodized salt (25% of your daily sodium limit) on your food delivers 71 mcg.

More Sources: Fish like cod and tuna, seaweed, shrimp, plus many dairy and grain products (bread, breakfast cereal).

## Reader Tips

**We asked for your insight on eating for two.**

**I had horrendous acid reflux issues & could barely drink any liquids without feeling like there was an enormous beach ball at the top of my stomach. So, to stay hydrated (an issue with morning sickness as well) I ate foods with a high water content... celery, cucumber, watermelon, ALL THE BABY CARROTS, etc."**
*Jaime Harkin*

**I wasn't willing to give up coffee, and my doc said I could have one cup a day. So I bought a small coffee pot and brewed a pot of decaf in that, then brewed regular coffee in our other pot. Then I'd enjoy two half-caf coffees a day to really spread out the cup's worth of caffeinated coffee as much as I could."**
*Carin Gorrell Strickler*

**I got really into mocktails. Most bartenders were able to come up with something for me to drink so I didn't feel like I was missing out on the fun. I found out I was pregnant about a week before a trip to New Orleans, and that was about as sad as it got."**
*Amanda Trimble Harrier*

**I made a lot of smoothies. Not only could I include things that I didn't necessarily want to eat on their own (like spinach—I wasn't into salads during pregnancy), but they were easier to get down during my nauseating first trimester."**
*Megan Troise*

# What to Know about Supplements

**Getting your nutrients through food, while preferable, is not always possible—especially if your appetite is in a finicky place. Plus, there are some that are hard to get adequate amounts of through diet and may require a supplement. So: What to take? How much? We've got your answers here.**

**Do I really need a prenatal vitamin?**
Yes. A thousand times, yes. And ideally around three months before trying to conceive, because it can take time for some nutrients to ramp up to adequate levels. The first few weeks of the embryo's development—when most women don't even know they're pregnant yet—also require some key vitamins and minerals to support things like neural tube formation. "At the very least, it's an insurance plan," says Baer.

**OK, so what should I look for?**
In addition to vitamins and minerals you'd find in a daily multi (such as vitamins A, E, $B_6$, $B_{12}$, C, calcium and zinc), make sure it contains plenty of folic acid, iron and vitamin D, as well. There's no standard for prenatal vitamins, so check the amounts to make sure you're getting a good dose of the nutrients you need through a combo of diet and your supplement.

**Should I consider other supplements?**
Siega-Riz recommends consulting your doctor before taking supplements other than a prenatal vitamin. But there are some worth considering—namely omega-3s, iodine and choline. Many prenatals don't contain them, but some do—so check the label before buying separate supplements.

**My prenatal makes me nauseated. Any ideas?**
"Try taking your supplement before bed," says Siega-Riz. By the time the sun rises, your body will have digested the pill and you will have slept through the queasies.

**Anything vegans or vegetarians may not be getting through food?**
"Vegetarians should make sure to consume spinach and beans high in iron and fiber, as well as foods rich in vitamin C, which helps increase iron absorption," says Siega-Riz. For vegans, it may be especially tricky to get everything needed without a carefully planned diet and supplements. So Siega-Riz recommends consulting your obstetrician and then talking to a registered dietitian. To get enough omega-3s, both vegans and vegetarians can consider algal oil supplements (derived from marine algae), which contain DHA and EPA.

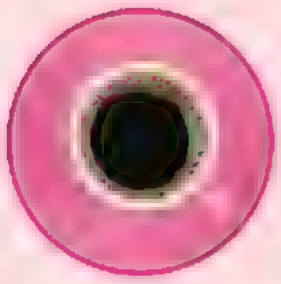
Only 34% of women take prenatal vitamins before getting pregnant.

# Why Experts Tell You to Avoid...

**Doctors are pretty good at giving you the laundry list of foods to skip during pregnancy, but they're not always great at explaining the reasons *behind* that advice—which can lead to a lot of confusion and paranoia. Our pros break it down.**

## Alcohol

Before you realize you're pregnant, you may accidentally drink a bit of alcohol (one Australian study found that more than 60% of women surveyed had done so). Don't beat yourself up if this happens, but *do* stop drinking as soon as you find out. And if you're actively trying to conceive, take a break from alcohol. Even low intake may be harmful to the embryo and affect the developing brain, facial features and growth. And excessive drinking can lead to fetal alcohol syndrome. But the recommendation to not drink *period* is mainly a case of better-safe-than-sorry: there's simply no data on exactly how much alcohol could be problematic because trials can't be conducted on pregnant women, for obvious reasons. Even wine-loving countries like France and Italy advise pregnant women to stay away from alcohol.



## Caffeine

As with alcohol, it's unclear how much is safe. Pregnant women don't clear caffeine from their bloodstream as quickly as those who aren't pregnant, and the fetus doesn't have enough of an enzyme needed to metabolize the compound—which can increase the fetus's heart rate. In high amounts, caffeine may also up the chances of miscarriage early in pregnancy. A review of 14 observational studies on 130,456 women found that, compared to very low or no caffeine intake, the risk of pregnancy loss was 16% greater for moderate caffeine intake of 150 to 349 mg a day. And the odds of pregnancy loss were 40% higher for intake of 350 to 699 mg daily. But other research has found no association between caffeine and miscarriage. Because the evidence is inconsistent, the American College of Obstetricians and Gynecologists recommends limiting consumption to 200 mg or less a day—the amount in about one 12-ounce cup of coffee.

## Deli Meat & Smoked Seafood

Deli meats, hot dogs, refrigerated meat spreads like pâté and smoked seafood, such as lox, make the list of no-no foods because of the risk of contamination with *Listeria* bacteria. Listeriosis doesn't happen very often; when it does, it causes flu-like symptoms as well as diarrhea and vomiting, which most adults can handle. Pregnant women, however, are more susceptible to listeriosis, and it can lead to miscarriage, stillbirth or preterm labor. Babies born with listeriosis can have serious infections of the blood or brain, lifelong health problems and intellectual disability as well. Because the consequences of this small risk are so dire, experts recommend precautions: heating thoroughly (such as microwaving cold cuts until steaming hot) is the only way to kill *Listeria*. Or just avoid these foods altogether.

## Unpasteurized Soft Cheeses

The key word here is *unpasteurized*—due to concerns over *Listeria*. Soft cheeses like Brie, queso fresco and blue cheese are fine to eat if the label says, "Made with pasteurized milk." And in the U.S., the majority of them are.

## Raw and Undercooked Foods

That means you, sushi! Steer clear of raw shellfish, seared tuna that's not cooked through, raw or rare beef and poultry, and sprouts (such as alfalfa), along with raw and undercooked eggs—and the foods they may be in, like cookie dough. Again, this is a precaution against bacteria like *Salmonella* and *Listeria*. (In the case of sprouts, the warm conditions they grow in are also conducive to growing harmful bugs—and rinsing them won't remove bacteria.)

## Fish with Mercury

Most fish are very healthy for pregnant women, but some can contain unsafe mercury levels: too much in your bloodstream can accumulate in the fetus and harm its developing nervous system. The ones to avoid are king mackerel, tilefish, shark, swordfish, marlin and orange roughy. Limit albacore tuna to 6 ounces a week. Canned chunk light tuna or skipjack is, on average, three times lower in mercury than albacore, so around 8 to 12 ounces weekly is fine.

## Unwashed Vegetables

There's a risk of toxoplasmosis from a parasite in the soil. Toxoplasmosis (also the reason to steer clear of cat litter boxes) can cause serious eye or brain damage in the baby. Thoroughly washing produce will get rid of this bug.

# Can Your Diet Affect Your Kid's Palate?

**Yes.** The food that a pregnant woman eats changes the flavor of the amniotic fluid in which the fetus lives and grows—as well as a mother's breast milk. In a study published in the journal *Pediatrics*, scientists had expectant moms drink carrot juice either during the third trimester of pregnancy, during the first two months of lactation, or had them completely avoid carrots and carrot juice. When the infants started eating cereal, those who had been exposed to carrot flavor in amniotic fluid or breast milk made fewer disgusted faces when eating carrot-flavored cereal compared to plain cereal. And a recent review of 11 studies found that infants born to mothers who consumed flavors like anise and garlic when pregnant or nursing were subsequently more likely to accept those flavors. "We can start programming our kids early on to eat healthier," says Siega-Riz.

# Food Cravings & Aversions

**What the science says about them.**

During those wild nine months, most women—up to 90%, according to studies—crave at least one specific food. And they often feel completely grossed out by others, even ones they used to love. Urban legend has it that cravings are the body's way of telling a woman she lacks a nutrient key to her baby's development, and that aversions mean a food may contain a toxin or other harmful substance. But there's no real evidence supporting either of these theories, and no studies showing that following your food whims will lead to a healthier baby (or you).

So why do cravings happen so often? What the research does show is that the culture you live in may play a role. In the U.S., women hanker for sweets like chocolate, high-calorie savory carbohydrates like pizza, and salty foods (ooh, chips!). In Japan, it's rice. In Tanzania, it's fish, meat, vegetables, fruit and grains. If cravings were truly due to "women's body wisdom" there shouldn't be such vast differences. Experts believe that because it's acceptable to eat more during pregnancy, women may give in to cravings they would normally ignore in the interests of weight maintenance or health.

As for food aversions—also very common among moms-to-be—there's even less science. Some of the foods American women find disgusting are red meat, coffee and certain vegetables. Hormonal changes during pregnancy cause women to experience a heightened sense of smell and taste, which may be a factor in aversions to pungent foods. Morning sickness and nausea may also shift your food preferences. It's all normal, though, and your pre-pregnancy palate should come back as soon as your bundle of joy arrives.

**RACHAEL MOELLER GORMAN** is a health and science journalist whose articles for *EatingWell* have won four James Beard awards.

## Extra Calories Needed Daily

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**SECOND TRIMESTER**

**THIRD TRIMESTER**

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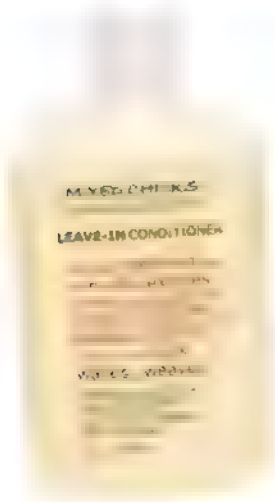

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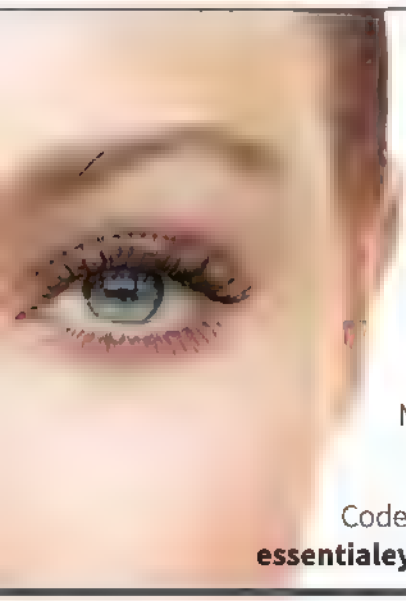

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# WELL SEASONED

## Creme de la Crema

A great shot of espresso is all about the crema, that light-colored top layer of frothy goodness. It forms when air bubbles—created during the high-pressure brewing process—combine with oils in the finely ground coffee. Pro tip: "The ideal way to drink espresso is to stir the crema *into* the shot, instead of sipping it off the top," says Sum Ngai, co-founder of the Coffee Project NY, a New York City training campus for baristas. This gives your shot more body as the crema mixes with the flavorful coffee underneath. For home baristas, a good crema comes down to the right machine. Flip the page for our picks, which, conveniently, make for great Mother's Day gifts (if anyone's looking).

**PHOTOGRAPHY BY GREG DUPREE**

# Hot Shots

We tried over a dozen of the latest home espresso makers. These winners fit multiple price points—and levels of espresso fanaticism.
**By Lucy M. Clark**

1 **Alessi Pulcina 3-Cup Moka Pot**
*$90, illy.com*

Invented in Italy in the 1930s, moka pots are small, two-chambered espresso makers that brew on your stovetop. Here's how they work: Fill the base chamber with water, insert the metal filter and ground coffee, screw the top on, then wait for gurgling. As the water begins to boil, it rises through the grounds into the top chamber. This pot's unique shape makes it a true work of art for your kitchen.

2 **Williams Sonoma Signature Capsule Coffee Maker**
*$100, williams-sonoma.com*

Nothing beats the convenience of a pod machine, but it was hard for us to embrace—until Nespresso launched its capsule-recycling program (more on that below). This sleek coffee maker churns out various intensities of espresso from Williams Sonoma's new coffee pods line—in partnership with Nespresso—made from 100% Fair Trade Certified coffee beans.

3 **Breville Bambino Plus**
*$500, breville.com*

Of all the higher-end models we tried, this one delivered the best espresso and crema. It also impressed our testers with its 3-second heat-up time from a cold start, plus presets for 1- or 2-shot cups. The step up in price means you get features like a steam wand for frothing milk that allows you to make more than just espresso. Latte, cappuccino or macchiato, anyone?

Hover your phone's camera over this smart code to shop for these products.

**ECO-PODS**
You can send back spent pods to Nespresso in a special recycling bag (for free) and they'll compost the grounds and repurpose the aluminum.

# Spiedie Does It

Here's how acid, herbs and the right bun combine for a recipe you'll want to make on repeat all summer long. **By Adam Dolge**

**Boneless, Skinless Chicken Breast**
Originally, spiedies were made with lamb, but we like chicken for its neutral flavor. Boneless breast works better here than thighs because it's easier to cut into uniform 1-inch cubes (so there's less chance you'll get small, overcooked pieces in your sandwich).

**Lemon Juice & White-Wine Vinegar**
Acid is a primary element of this dish and the marinade delivers with a one-two-punch of lemon juice and white-wine vinegar. Why both? We like the freshness of lemon, but the juice would be too tart on its own. The vinegar perfectly balances out the flavors.

**Medium Italian Sandwich Buns**
In an ideal world, we'd call for a whole-wheat roll because of the fiber content. However, with such a simple sandwich, the bun has to be just right. And the need for a bun with a chewy interior and crusty (but not too hard) exterior trumps our love of whole grains in this case.

**Dried & Fresh Herbs**
Sticking with spiedie's roots among Italian immigrants, we picked herbs popular in Italian cuisine. Dried herbs are more potent than fresh, which is why we call for less oregano. When swapping fresh and dried herbs, a rule of thumb is: 1 part dried equals 3 parts fresh.

## Chicken Spiedies

**ACTIVE:** 25 min **TOTAL:** 35 min
(plus marinating time)
**TO MAKE AHEAD:** Marinate chicken (Step 1) for 24 to 48 hours.
**EQUIPMENT:** 4 metal skewers

*Spiedies originated in Binghamton, New York, and are a mainstay in the city and surrounding region. Chunks of meat marinate overnight or longer in a bright garlicky dressing and are grilled to perfection. They're so popular in upstate New York that there's an annual summer festival celebrating all things spiedies, including a cook-off.*

- **¼ cup lemon juice**
- **¼ cup white-wine vinegar**
- **6 cloves garlic, minced**
- **2 tablespoons chopped fresh basil**
- **2 tablespoons chopped fresh mint**
- **2 tablespoons chopped fresh parsley**
- **1½ teaspoons dried oregano**
- **¾ teaspoon salt, divided**
- **¾ teaspoon ground pepper, divided**
- **½ cup extra-virgin olive oil**
- **1 pound boneless, skinless chicken breast, trimmed and cut into 1-inch pieces**
- **4 medium Italian sandwich buns**

**1.** Whisk lemon juice, vinegar, garlic, basil, mint, parsley, oregano and ½ teaspoon each salt and pepper in a medium bowl. Slowly whisk in oil. Reserve ¼ cup of the marinade in a small bowl and refrigerate. Place chicken in a large sealable bag and add the remaining marinade. Seal the bag and massage the chicken to thoroughly coat. Refrigerate for at least 24 hours and up to 48 hours.
**2.** Preheat grill to high.
**3.** Remove the chicken from the marinade (discard the remaining marinade). Pat the chicken dry with paper towels and divide among 4 metal skewers.
**4.** Oil the grill rack. Grill the chicken, flipping often, until charred on all sides and an instant-read thermometer registers 160°F, 8 to 10 minutes. Transfer to a clean plate and let rest for 10 minutes.
**5.** Remove the chicken from the skewers and sprinkle with the remaining ¼ teaspoon each salt and pepper. Drizzle with the reserved marinade and serve on buns.
**SERVES 4:** 1 sandwich each
**Cal** 449 **Fat** 23g (sat 3g) **Chol** 63mg **Carbs** 31g **Total sugars** 2g (added 0g) **Protein** 28g **Fiber** 2g **Sodium** 703mg **Potassium** 305mg.

ASK BREANA

# How do I measure ingredients for baking?

Incorrect measurements can really screw up your baked goods, so you want to be as accurate as possible. Using a kitchen scale to weigh ingredients is the best way to be precise, but we don't do this at *EatingWell* because many of our readers don't own them and we want everyone to be able to make our recipes. So, we always get out *both* liquid and dry measures in the Test Kitchen.

Sure, a cup is a cup, whether it's liquid or dry, but each is specifically designed to make the job easier. Liquid measures are (thankfully) made with extra room at the rim to prevent spills when measuring ingredients like milk or broth. Dry measures, on the other hand, are meant to be leveled off with a knife so they hold just the right amount of an ingredient like flour or sugar. Here's how to get the most precise measure:

FOR DRY INGREDIENTS

**With flour,** use the spoon-and-level method: Take a spoon and lightly scoop the flour from its container into the measuring cup. (There's no need to stir the flour first.) Then use a knife to level the flour with the top of the cup. Avoid dipping the measuring cup directly into the container—a common mistake. The flour could get packed into the cup and result in extra flour being added to the recipe, potentially yielding tough, dense baked goods.

**Granulated** and **confectioners' sugar** should also be spooned into the measuring cup first, before being leveled off. (Unless the recipe calls for the confectioners' sugar to be "packed.")

**Brown sugar** is an exception to the spoon-and-level rule. In this case, you do want it to be firmly packed into the measuring cup—by pressing it with your hand or a spoon—prior to leveling it.

FOR LIQUIDS

Though it is tempting to just pour the liquid into your glass measuring cup and eyeball it midair, don't. Place the measuring cup on a level surface and, once you've poured in the liquid, check the amount by looking at it from eye level, not above.

**BREANA KILLEEN, M.P.H., R.D.,** *is EatingWell's Test Kitchen manager.*

**MORE HOW-TOs**
Need advice from our Test Kitchen? Go to eatingwell.com/testkitchen

# Ingredient I.D.

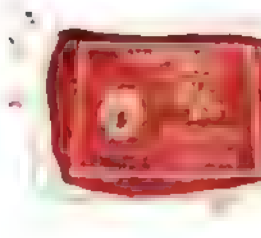
A primer on some special items in this issue and where to get them.

**1 Buckwheat flour** *(p.91)* is made from whole-grain buckwheat. This rich, gluten-free flour comes in light and dark versions. The darker flour has a bolder, nuttier flavor. Find it in the baking aisle of your supermarket.

**2 Kombu,** or dried kelp *(p.90)*, is mildly salty and slightly sweet. The strips often come covered with naturally occurring salts: don't wipe this off before cooking because it adds to the umami of the kombu. Find it in natural-foods stores.

**3 Annatto** *(p.92)* is a rusty-red seed with a nutty and mildly peppery taste. Used for its color as much as its flavor in many Latin American dishes, it comes from the annatto (achiote) tree, native to Central and South America. Buy the seeds (whole or ground) online or in Latin markets.

**4 Banana leaves** *(p.92)* can be used to wrap foods before barbecuing, baking or steaming, lending a subtle sweet flavor and aroma to whatever is folded inside them. They're sold frozen and fresh at Asian and Latin American markets.



**5 Seedless tamarind pulp** *(p.93)* comes in block form and is made from tamarind fruit pods stripped of their outer husk and compressed tightly together. Find it in international supermarkets or online.

ILLUSTRATIONS BY EMMA D BEEN. STYLING (PAGES '03 '06): RISHON HANNERS (FOOD), AUDREY DAVIS (PROPS)

| | | CALORIES | CARBS (G) | ADDED SUGARS (G) | PROTEIN (G) | FIBER (G) | SODIUM (MG) | POTASSIUM (MG) | CALCIUM (% DV) | FOLATE (% DV) | IRON (% DV) | VITAMIN A (% DV) | VITAMIN B12 (% DV) | VITAMIN C (% DV) | 45 MINUTES OR LESS | GLUTEN-FREE | HEART-HEALTHY | LOW-CAL | VEGAN | VEGETARIAN |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Appetizers, Sides, Salads & Cocktails** | | | | | | | | | | | | | | | | | | | | |
| 54 | Esquites (Mexican Corn) | 154 | 14 | 0 | 5 | 1 | 348 | 219 | | | | | | | ■ | ■ | | ■ | | ■ |
| 54 | Grilled Broccoli Wedges with Herb Vinaigrette | 100 | 4 | 0 | 3 | 2 | 202 | 283 | | 26 | | 88 | | 222 | ■ | ■ | | ■ | ■ | ■ |
| 84 | Itty-Bitty Baby Bok Choy in Vinegar Oyster Sauce | 62 | 4 | 0 | 2 | 1 | 331 | 323 | | | | 89 | | 76 | ■ | | | ■ | | |
| 32 | Loaded Black Bean Dip | 58 | 6 | 0 | 2 | 2 | 107 | 82 | | | | | | | ■ | ■ | | ■ | | |
| 84 | Sichuan Fava Bean, Pea Sprout & Radish Salad | 122 | 16 | 1 | 5 | 4 | 225 | 210 | | | | 37 | | 44 | ■ | | ■ | ■ | | ■ |
| 32 | Smoky Tajín Margarita | 129 | 12 | 5 | 0 | 0 | 96 | 36 | | | | | | | ■ | ■ | | | ■ | ■ |
| 85 | Spicy Chili Crisp Potato Salad (Liang Ban Tu Dou) | 174 | 19 | 0 | 4 | 3 | 338 | 557 | | | | | | 28 | ■ | | | ■ | | ■ |
| 60 | Strawberry & Bean Sprout Salad with Spiced Potatoes | 167 | 23 | 0 | 4 | 4 | 367 | 647 | | | | 25 | | 76 | ■ | ■ | | ■ | ■ | ■ |
| **Vegetarian** | | | | | | | | | | | | | | | | | | | | |
| 58 | Cacio e Pepe with Peas | 454 | 52 | 0 | 17 | 5 | 421 | 113 | | | 22 | 33 | | 20 | ■ | | | | | ■ |
| 44 | Grilled Tandoori Tofu with Red Peppers & Broccolini | 224 | 12 | 0 | 14 | 3 | 369 | 319 | | | | 43 | | 133 | ■ | ■ | | ■ | | ■ |
| 56 | Ricotta-Stuffed Grilled Portobellos with Arugula Salad | 259 | 15 | 0 | 12 | 3 | 509 | 572 | 25 | | | | | | ■ | ■ | | ■ | | ■ |
| 70 | Spicy Tomato & Arugula Angel Hair Pasta | 305 | 53 | 0 | 9 | 7 | 361 | 658 | | | | | | 86 | | | ■ | ■ | ■ | ■ |
| 89 | Umami Veggie Burger | 498 | 61 | 0 | 14 | 10 | 787 | 523 | | 29 | 20 | | | | ■ | | | ■ | ■ | ■ |
| **Chicken** | | | | | | | | | | | | | | | | | | | | |
| 52 | Chicken with Coconut-Curry Pan Sauce | 387 | 27 | 3 | 32 | 3 | 195 | 168 | | | | | | | ■ | ■ | | ■ | | |
| 105 | Chicken Spiedies | 449 | 31 | 0 | 28 | 2 | 703 | 305 | | 30 | | | | | | | | | | |
| 42 | Chili-Rubbed Chicken with Coconut Rice & Mango Salsa | 478 | 50 | 0 | 29 | 5 | 546 | 654 | | 21 | | 63 | | 199 | | ■ | | ■ | | |
| 81 | Dry Pot Chicken (Gan Guo Ji) | 491 | 17 | 0 | 25 | 3 | 902 | 624 | | | | 59 | | 54 | | | | ■ | | |
| 36 | Herb-Grilled Chicken Frites | 483 | 34 | 0 | 27 | 3 | 696 | 976 | | | 20 | 24 | | 47 | ■ | ■ | | ■ | | |
| 93 | Spicy Tamarind Marinated Chicken | 182 | 4 | 3 | 21 | 0 | 447 | 187 | | | | | | | | ■ | | ■ | | |
| **Fish & Seafood** | | | | | | | | | | | | | | | | | | | | |
| 88 | Baked Fish & Kale Lavash Wraps | 392 | 46 | 0 | 24 | 10 | 844 | 520 | | | | 50 | 30 | 76 | ■ | | | ■ | | |
| 51 | Lemon-Dill Shrimp & Orzo Salad | 467 | 50 | 0 | 33 | 8 | 490 | 586 | | | | 25 | 21 | 96 | ■ | | ■ | ■ | | |
| 47 | Scallops & Burst Cherry Tomatoes with Caper-Butter Sauce | 224 | 7 | 0 | 14 | 1 | 495 | 412 | | | | | 27 | | ■ | ■ | | ■ | | |
| 90 | Takikomi Gohan (Japanese Dashi-Infused Shiitake & Vegetable Rice) | 188 | 41 | 0 | 5 | 5 | 291 | 169 | | | | 39 | | | | ■ | | ■ | | |
| **Beef & Pork** | | | | | | | | | | | | | | | | | | | | |
| 34 | Chipotle-Cheddar Sweet Potato & Ham Hash | 385 | 21 | 0 | 25 | 4 | 488 | 678 | 28 | | | 348 | | 34 | ■ | ■ | | | | |
| 92 | Cochinita Pibil (Yucatán-Style Pulled Pork) | 472 | 30 | 0 | 49 | 4 | 689 | 778 | | | | | 22 | 44 | | ■ | | ■ | | |
| 83 | Mapo Tofu | 196 | 6 | 0 | 7 | 1 | 703 | 94 | | | | | | | ■ | | | ■ | | |
| 41 | Pork Okonomiyaki | 539 | 19 | 2 | 31 | 3 | 638 | 530 | | | | | | 52 | ■ | | | ■ | | |
| 46 | Sweet & Peppery Flank Steak with Shishitos | 263 | 11 | 3 | 25 | 3 | 441 | 545 | | | | 72 | | 243 | ■ | ■ | | ■ | | |
| **Soup & Broth** | | | | | | | | | | | | | | | | | | | | |
| 90 | Dashi Stock | 4 | 1 | 0 | 0 | 0 | 41 | 65 | | | | | | | | ■ | ■ | ■ | | |
| 85 | Sour & Spicy Sweet Potato Noodles (Suan La Fen) | 508 | 54 | 0 | 13 | 2 | 426 | 621 | | | | 34 | | 41 | ■ | | | ■ | | |
| 38 | Spring Green Soup with Chicken | 314 | 20 | 0 | 38 | 5 | 741 | 713 | | 72 | 30 | 110 | | 78 | ■ | ■ | | ■ | | |
| **Sauces & Spice Blends** | | | | | | | | | | | | | | | | | | | | |
| 92 | Annatto Spice Blend | 8 | 2 | 0 | 0 | 1 | 1 | 8 | | | | | | | ■ | ■ | ■ | ■ | ■ | ■ |
| 93 | Spicy Tamarind Sauce | 18 | 4 | 3 | 0 | 0 | 436 | 32 | | | | | | | ■ | ■ | | ■ | | |
| 89 | Umami Bomb Paste | 43 | 4 | 0 | 2 | 1 | 246 | 117 | | | | | 24 | | | ■ | ■ | ■ | ■ | ■ |
| 88 | Very Versatile Roasted Red Pepper Sauce | 53 | 4 | 0 | 1 | 1 | 163 | 134 | | | | 40 | | 121 | | ■ | | ■ | ■ | ■ |
| **Desserts & Baked Goods** | | | | | | | | | | | | | | | | | | | | |
| 77 | Almond Cake with Pineapple-Rum Filling | 333 | 38 | 15 | 4 | 4 | 200 | 214 | | | | | | 43 | | ■ | | | | ■ |
| 74 | Dark Chocolate Cake with Vegan Buttercream | 348 | 41 | 27 | 3 | 2 | 288 | 63 | | | | | | | | | | | ■ | ■ |
| 91 | Gingery Rhubarb-Strawberry Galette | 300 | 43 | 17 | 3 | 3 | 200 | 213 | | | | | | 32 | | | | | | ■ |
| 74 | Lemon Angel Food Cake with Strawberries & Coconut Cream | 294 | 56 | 26 | 5 | 1 | 165 | 166 | | | | | | 28 | | | | | | ■ |
| 75 | PB&B Frozen Yogurt Cake | 315 | 43 | 15 | 6 | 2 | 235 | 168 | | | | | | | | | | | | ■ |
| 91 | Rosemary Buckwheat Pastry Dough | 177 | 16 | 2 | 2 | 1 | 182 | 41 | | | | | | | | | | ■ | | ■ |
| 76 | Thin Mint Cake | 292 | 39 | 27 | 2 | 2 | 206 | 97 | | | | | | | | | | | | ■ |
| 64 | Yogurt Bark *(analyses for 7 variations: eatingwell.com)* | | | | | | | | | | | | | | | | | | | |

## Key to Index & Nutrition Info

■ Recipes are tested in the *EatingWell* Test Kitchen by at least two people on gas and electric stoves.
■ "Active" time includes prep and time spent tending to food as it cooks and getting it to the table for serving.
■ "Total" time indicates the entire amount of time required for each recipe, start to finish.

**How We Analyze Recipes**
■ All recipes are analyzed for calories, total & saturated fat, cholesterol, carbohydrates, total & added sugars, protein, fiber, vitamins and minerals by a Registered Dietitian using The Food Processor® SQL Nutrition Analysis Software from ESHA Research, Salem, OR.
**More info:** *eatingwell.com/go/guidelines*
■ Garnishes and optional ingredients are not analyzed.
■ To help people eat in accordance with the USDA's Dietary Guidelines for Americans, *EatingWell*'s suggested portions are based on standard serving sizes. Suggested servings for meat, poultry and fish are 3 to 4 oz., cooked. Vegetable side dishes are a minimum of ½ cup. Starch-based side dishes (e.g., rice, potatoes) are also ½ cup.

**Key to Column Labels**
**% Daily Value:** Recipe provides 20% or more of the Daily Value (DV) of a nutrient for adults eating 2,000 calories/day.
**45 Minutes or Less:** A recipe's start-to-finish (total) time is 45 minutes or less.
**Gluten-Free:** No wheat, rye or barley.
**Heart-Healthy:** Limited saturated fat and sodium.
**Low-Cal:** Recipes are relatively low in calories.
**Vegan:** No animal products.
**Vegetarian:** Meatless (or meatless options listed first).

BLAINE MOATS

# Growing for Good

**How one beginner's backyard garden matured to feed his community.**
**By Jen Rose Smith**

**THE SITUATION** Chip Paillex walked into his neighborhood food pantry for the first time in 2002 after hearing a plea for donations on a local radio station. It was the height of the New Jersey summer, but instead of the crisp greens and juicy tomatoes that filled his own kitchen, the food pantry's shelves were crammed with canned food. "I realized there was a huge need that had to be addressed," said Paillex. A novice gardener, Paillex had recently planted a 30-by-30 plot on a local farm. By the time the harvest season ended, he'd donated 120 pounds of veggies to the food pantry. When he saw how much a single garden could produce, Paillex was determined to grow even more the next season.

**WHAT HE DID** In subsequent years, Paillex expanded his garden (now on a friend's property) to nine times the size of that original plot. He woke early to visit the garden before work and asked members of his church to help when it was time to pick produce. In 2008, Paillex created America's Grow-a-Row—a nonprofit organization to continue his mission to provide fresh produce for those in need. Soon after, he raised funds to buy a 138-acre farm, the first of three properties the organization would eventually acquire. Running America's Grow-a-Row is now his full-time job and 20 employees plus over 9,000 volunteers a year help plant and harvest vegetables and fruit. They also host 1,000 schoolchildren from underserved districts yearly for farm visits focused on healthy eating and agriculture education.

**WHY IT'S COOL** To date, America's Grow-a-Row has donated more than 10.5 million pounds of produce to food banks, soup kitchens and other organizations providing low- or no-cost meals and groceries, spanning Maine to Virginia. One beneficiary is NYC-based food bank City Harvest, whose farmers' market–like offerings are a colorful contrast to the processed foods Paillex saw back in 2002. "New Yorkers should not just be receiving calories," says Kimberly Conchada, City Harvest volunteer services specialist, "but things that make them healthy, strong and happy."

Is your garden's bounty overwhelming you and yours? Contact your local food pantry. Most accept produce donations of all sizes!

BILL WADMAN

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